

**DEVELOPMENTAL STRENGTH PROGRAM**

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2017

**IOWA**



**FOOTBALL**



**TOUGH. SMART. PHYSICAL.**







# IOWA FOOTBALL

Future Hawkeye,

Congratulations on your decision to become a member of the Iowa Hawkeye family!

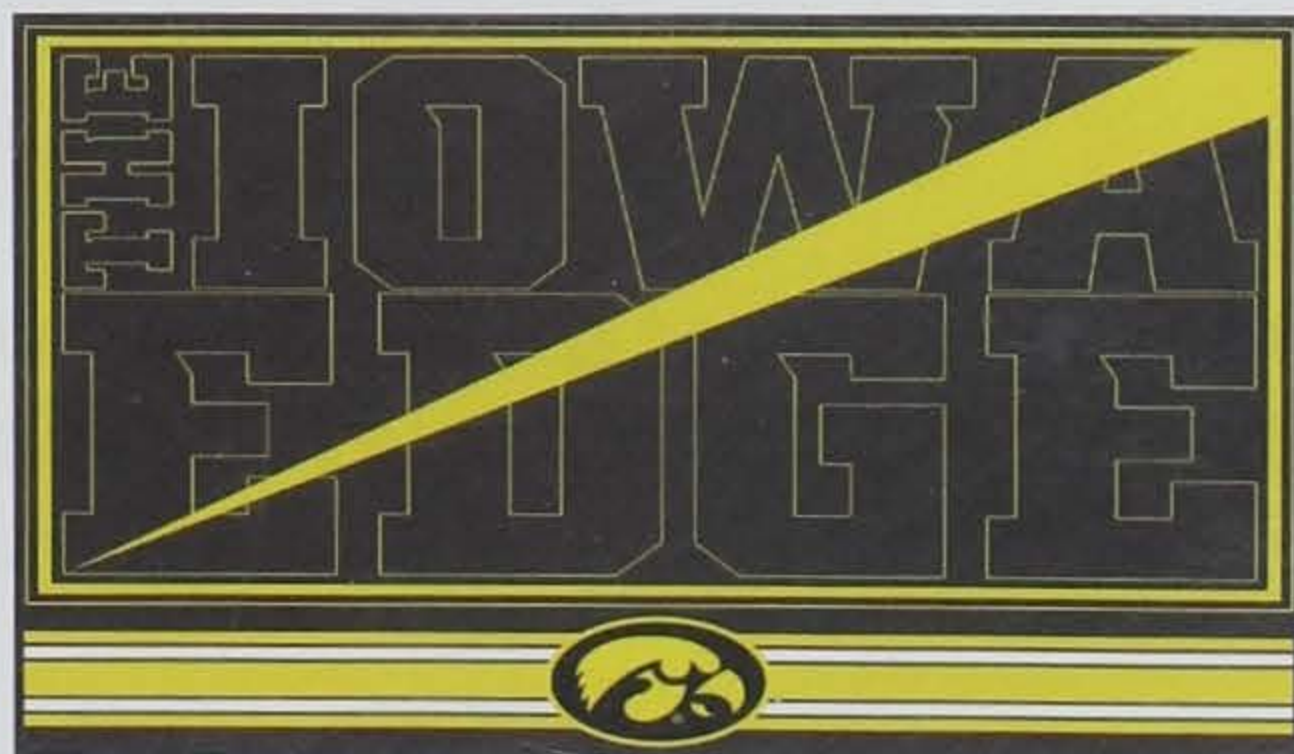
We are excited to begin working with you. Included in this mailing is a basic developmental strength program. This program provides the foundation you will need for future athletic development. Investing time mastering these movements will allow you to progress into our more advanced programs. Take the time to thoroughly read this packet and study the videos before beginning the training program. Developing good training habits early in your career will prevent injuries and give you the foundation for future success. Lifting technique is of primary importance! Do not add weight to the movement unless your technique is perfect. There will be plenty of opportunities to attain personal records, provided you have great technique and remain injury free.

At this time, we have not sent you information pertaining to speed, agility and conditioning. Many of you are participating in track, baseball, basketball, wrestling etc. It is critical that you get started on our lifting program immediately. We will send our speed, agility and conditioning program in May. In the meantime, enjoy competing in your spring season. If you are not competing in a spring sport, maintain your athleticism by playing basketball, racquetball, etc.

If you have any questions, please give us a call at 1-800-UIHAWKS and ask to be transferred to the weight room. We will be happy to help you.

Sincerely,

Iowa Football Strength and Conditioning Staff



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THE UNIVERSITY OF CHICAGO  
DEPARTMENT OF THE HISTORY OF ARTS  
AND ARCHITECTURE

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# **IOWA FOOTBALL**

**\*\*NOTE - There are two different lifting workouts in this packet. There is a four-day a week lifting program for those of you who are not participating in other sports at this time and there is a two-day a week lifting program for those who are participating in other sports.**

**Each program is nine weeks in duration. At the end of the nine weeks you should start the program over again at week one and use the current 1 RM's that you have attained.**

**There will be a summer workout sent to you in May, which will take you through the summer, and up to the report date.**

**You will receive directions via email to access instructional videos online. The videos will contain the exercises prescribed within the training program allowing you to perform the warm ups and the training within this packet and in the summer training manual.**

**The videos are a teaching tool that should be referred back to if you have a question about any of the movements you are asked to perform.**







# IOWA FOOTBALL

## How to determine 1 Rep Max

Select a weight that you expect to complete 5 solid reps with. Complete as many reps with this weight that you can, using proper exercise technique. Then convert your 1 rep max using this chart. For example, if you complete 6 solid reps of goblet squats, with 85 lbs. Your 1 rep max in the goblet squat is 100 lbs.

Weight	Reps/Max 1	Reps/Max 2	Reps/Max 3	Reps/Max 4	Reps/Max 5	Reps/Max 6
50	50	55	55	55	60	60
55	55	60	60	60	65	65
60	60	65	65	65	70	70
65	65	70	70	75	75	75
70	70	75	75	80	80	85
75	75	80	80	85	85	90
80	80	85	85	90	90	95
85	85	90	95	95	100	100

## How to use the % Charts

Now that you have an accurate estimate of your current 1 rep max in the goblet squat, you can use the corresponding % chart to determine your exercise weights for the training session. For example, if you need 80% of 100 lbs. you will locate your current 1RM of 100 lbs. and use the 80% listed below.

%	1RM 100	1RM 105	1RM 110
100	100	105	110
96	95	100	105
94	95	100	105
92	90	95	100
90	90	95	100
88	90	90	95
86	85	90	95
84	85	90	90
82	80	85	90
80	80	85	90



# THE UNIVERSITY OF CHICAGO

THE UNIVERSITY OF CHICAGO  
1100 SOUTH EAST ASIAN BLVD  
CHICAGO, ILLINOIS 60607-7073  
TEL: 773/936-8000  
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NAME	ADDRESS	CITY	STATE	ZIP
JOHN DOE	1234 N. LAKEVIEW	CHICAGO	ILL.	60610
JANE SMITH	5678 S. WINDY	CHICAGO	ILL.	60605
BOB JONES	9010 E. SUNSHINE	CHICAGO	ILL.	60641
ALICE BROWN	2345 W. MOON	CHICAGO	ILL.	60612
CHARLIE WHITE	3456 N. STAR	CHICAGO	ILL.	60640
DAVID GREEN	4567 S. RAIN	CHICAGO	ILL.	60607
EVE BLACK	5678 E. DREAM	CHICAGO	ILL.	60631
FRANK GRAY	6789 W. NIGHT	CHICAGO	ILL.	60620
GRACE BLUE	7890 N. DAY	CHICAGO	ILL.	60614
HELEN RED	8901 S. EVEN	CHICAGO	ILL.	60608

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# IOWA FOOTBALL

## How to use the Lifting Cards

Complete warm up prior to lift.

Complete a light warm up set. Then execute the first set with 65% of your 1 RM. Rest 3 minutes then complete set two with 65% of your 1 RM and so on.

### PAIRING (exercise A1 & A2)

Complete a light warm up set in the front squat. Then do a set of 8 reps in the front squat for set one, followed by a rest of 1min 30 sec. Do a set of pull-ups for 8 reps. Add weight to the pull ups if you can complete 8 reps easy with bodyweight. Rest 1:30 and do set two in the front squat. Rest 1:30 and repeat your pull-ups. Do this until you have completed all the sets. Total of 8 working sets each with a 1:30 rest between every set.

	Week 1		Week 2	
Monday-warm up	%	reps	%	reps
db snatch		x5		x5
rest 3:00 min		x5		x5
		x5		x5
		x5		x5
A1 front squat		x8		x8
		x8		x8
pair 1:30 rest		x8		x8
		x8		x8
A2 pull-up + weight		x8		x8
		x8		x8
		x8		x8
		x8		x8

Use the percentage charts in the manual to select your weights for each exercise. If there is no percentage in the % column then it is up to you to pick an appropriate weight to use.

If you do not know your current 1 Rep Max in a given lift, then select a weight you think you can lift for five reps with perfect technique. Complete a set to technical failure and use the 1 Rep Max chart to estimate your 1 Rep Max.

### Estimating 1 RM example:

An athlete completes 200 lbs. for 6 reps in the squat. Go to the 1 RM chart and you will see that your estimated 1 RM is 235 lbs. If your lifting card calls for your work sets to be completed with 80%, then your work sets will be completed with 190 lbs.

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# THE UNIVERSITY OF CHICAGO

NAME	AGE	SEX	RELATIONSHIP
Mr. J. H. Smith	45	M	Head of Family
Mrs. J. H. Smith	42	F	Wife
Mr. J. H. Smith	18	M	Son
Mrs. J. H. Smith	15	F	Daughter
Mr. J. H. Smith	12	M	Son
Mrs. J. H. Smith	10	F	Daughter
Mr. J. H. Smith	8	M	Son
Mrs. J. H. Smith	6	F	Daughter
Mr. J. H. Smith	4	M	Son
Mrs. J. H. Smith	2	F	Daughter

THE UNIVERSITY OF CHICAGO  
 DEPARTMENT OF AGRICULTURE

REPORT ON THE RESULTS OF THE SURVEY OF THE  
 AGRICULTURAL SITUATION IN THE UNITED STATES

STATE	POPULATION	AREA	AGRICULTURE
Alabama	1,500,000	52,400	1,000,000
Alaska	100,000	360,000	100,000
Arizona	1,000,000	113,900	1,000,000
Arkansas	1,200,000	53,100	1,000,000
California	3,000,000	155,000	1,000,000
Colorado	1,000,000	104,000	1,000,000
Connecticut	1,500,000	5,500	1,000,000
Delaware	500,000	2,400	1,000,000
District of Columbia	200,000	100	1,000,000
Florida	1,500,000	55,000	1,000,000
Georgia	2,000,000	59,700	1,000,000
Hawaii	200,000	10,000	1,000,000
Idaho	1,000,000	82,000	1,000,000
Illinois	3,000,000	143,000	1,000,000
Indiana	2,500,000	35,200	1,000,000
Iowa	2,500,000	56,300	1,000,000
Kansas	1,500,000	81,000	1,000,000
Kentucky	2,000,000	40,000	1,000,000
Louisiana	1,500,000	52,000	1,000,000
Maine	1,000,000	9,300	1,000,000
Maryland	1,500,000	10,000	1,000,000
Massachusetts	2,000,000	8,000	1,000,000
Michigan	3,000,000	24,000	1,000,000
Minnesota	2,500,000	22,500	1,000,000
Mississippi	1,500,000	47,000	1,000,000
Missouri	2,500,000	69,000	1,000,000
Montana	1,000,000	147,000	1,000,000
Nebraska	1,500,000	77,000	1,000,000
Nevada	500,000	110,000	1,000,000
New Hampshire	1,000,000	9,000	1,000,000
New Jersey	2,000,000	8,000	1,000,000
New Mexico	1,000,000	121,000	1,000,000
New York	10,000,000	47,000	1,000,000
North Carolina	2,500,000	51,000	1,000,000
North Dakota	500,000	136,000	1,000,000
Ohio	3,000,000	22,000	1,000,000
Oklahoma	1,000,000	69,000	1,000,000
Oregon	1,000,000	24,000	1,000,000
Pennsylvania	5,000,000	45,000	1,000,000
Rhode Island	1,000,000	1,500	1,000,000
South Carolina	1,000,000	32,000	1,000,000
South Dakota	500,000	77,000	1,000,000
Tennessee	2,500,000	42,000	1,000,000
Texas	5,000,000	69,000	1,000,000
Vermont	500,000	9,000	1,000,000
Virginia	2,500,000	42,000	1,000,000
Washington	1,000,000	71,000	1,000,000
West Virginia	1,000,000	62,000	1,000,000
Wisconsin	2,500,000	23,000	1,000,000
Wyoming	500,000	97,000	1,000,000



# **IOWA FOOTBALL**

## **1 RM & PERCENTAGE CHARTS**

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# ARM & PNEUMATIC CHARTS

TOUGH SHIRT



# ONE REPETITION MAXIMUM CHART

Weight	Reps/Max 1	Reps/Max 2	Reps/Max 3	Reps/Max 4	Reps/Max 5	Reps/Max 6	Reps/Max 7	Reps/Max 8
50	50	55	55	55	60	60	60	60
55	55	60	60	60	65	65	65	70
60	60	65	65	65	70	70	75	75
65	65	70	70	75	75	75	80	80
70	70	75	75	80	80	85	85	85
75	75	80	80	85	85	90	90	95
80	80	85	85	90	90	95	95	100
85	85	90	95	95	100	100	105	105
90	90	95	100	100	105	105	110	110
95	95	100	105	105	110	110	115	120
100	100	105	110	110	115	120	120	125
105	105	110	115	120	120	125	125	130
110	110	115	120	125	125	130	135	135
115	115	120	125	130	130	135	140	145
120	120	125	130	135	140	140	145	150
125	125	135	135	140	145	150	150	155
130	130	140	140	145	150	155	155	160
135	135	145	145	150	155	160	165	165
140	140	150	155	155	160	165	170	175
145	145	155	160	160	165	170	175	180
150	150	160	165	170	175	175	180	185
155	155	165	170	175	180	185	190	190
165	165	175	180	185	190	195	200	205
170	170	180	185	190	195	200	205	210
175	175	185	190	195	200	205	210	215
180	180	190	195	200	205	210	220	225
185	185	195	200	205	215	220	225	230
190	190	200	205	215	220	225	230	235
195	195	205	215	220	225	230	235	240
200	200	210	220	225	230	235	240	250
205	205	215	225	230	235	240	250	255
210	210	225	230	235	240	250	255	260
215	215	230	235	240	245	255	260	265
220	220	235	240	245	255	260	265	275
225	225	240	245	250	260	265	270	280
230	230	245	250	260	265	270	280	285
235	235	250	255	265	270	275	285	290
240	240	255	260	270	275	285	290	300
245	245	260	265	275	280	290	295	305
250	250	265	275	280	290	295	305	310
255	255	270	280	285	295	300	310	315
260	260	275	285	290	300	305	315	320
265	265	280	290	295	305	315	320	330
270	270	285	295	300	310	320	325	335
275	275	290	300	310	315	325	335	340
280	280	295	305	315	320	330	340	345
285	285	300	310	320	330	335	345	355
290	290	305	315	325	335	340	350	360
295	295	315	320	330	340	350	355	365
300	300	320	325	335	345	355	365	370
305	305	325	330	340	350	360	370	380
310	310	330	340	345	355	365	375	385
315	315	335	345	355	360	370	380	390
320	320	340	350	360	370	380	385	395
325	325	345	355	365	375	385	395	405
330	330	350	360	370	380	390	400	410
335	335	355	365	375	385	395	405	415
340	340	360	370	380	390	400	410	420
345	345	365	375	385	395	405	415	430
350	350	370	380	390	405	415	425	435







# ONE REPETITION MAXIMUM CHART

Weight	Reps/Max 1	Reps/Max 2	Reps/Max 3	Reps/Max 4	Reps/Max 5	Reps/Max 6	Reps/Max 7	Reps/Max 8
355	355	375	385	400	410	420	430	440
360	360	380	390	405	415	425	435	445
365	365	385	400	410	420	430	440	455
370	370	390	405	415	425	435	450	460
375	375	400	410	420	430	445	455	465
380	380	405	415	425	435	450	460	470
385	385	410	420	430	445	455	465	475
390	390	415	425	435	450	460	470	485
395	395	420	430	440	455	465	480	490
400	400	425	435	450	460	470	485	495
405	405	430	440	455	465	480	490	500
410	410	435	445	460	470	485	495	510
415	415	440	450	465	475	490	500	515
420	420	445	460	470	485	495	510	520
425	425	450	465	475	490	500	515	525
430	430	455	470	480	495	505	520	535
435	435	460	475	485	500	515	525	540
440	440	465	480	495	505	520	530	545
445	445	470	485	500	510	525	540	550
450	450	475	490	505	520	530	545	560
455	455	480	495	510	525	535	550	565
460	460	490	500	515	530	545	555	570
465	465	495	505	520	535	550	565	575
470	470	500	510	525	540	555	570	585
475	475	505	520	530	545	560	575	590
480	480	510	525	540	550	565	580	595
485	485	515	530	545	560	570	585	600
490	490	520	535	550	565	580	595	610
495	495	525	540	555	570	585	600	615
500	500	530	545	560	575	590	605	620
505	505	535	550	565	580	595	610	625
510	510	540	555	570	585	600	615	630
515	515	545	560	575	590	610	625	640
520	520	550	565	580	600	615	630	645
525	525	555	570	590	605	620	635	650
530	530	560	580	595	610	625	640	655
535	535	565	585	600	615	630	645	665
540	540	570	590	605	620	635	655	670
545	545	580	595	610	625	645	660	675
550	550	585	600	615	635	650	665	680
555	555	590	605	620	640	655	670	690
560	560	595	610	625	645	660	680	695
565	565	600	615	635	650	665	685	700
570	570	605	620	640	655	675	690	705
575	575	610	625	645	660	680	695	715
580	580	615	630	650	665	685	700	720
585	585	620	640	655	675	690	710	725
590	590	625	645	660	680	695	715	730
595	595	630	650	665	685	700	720	740
600	600	635	655	670	690	710	725	745
605	605	640	660	680	695	715	730	750
610	610	645	665	685	700	720	740	755
615	615	650	670	690	705	725	745	765
620	620	655	675	695	715	730	750	770
625	625	665	680	700	720	740	755	775
630	630	670	685	705	725	745	760	780
635	635	675	690	710	730	750	770	785
640	640	680	700	715	735	755	775	795
645	645	685	705	720	740	760	780	800
650	650	690	710	730	750	765	785	805



Date		Description		Amount	
1890	Jan 1	Balance		100.00	
	Feb 1	Received from John Doe		50.00	
	Mar 1	Received from Jane Smith		25.00	
	Apr 1	Received from Mr. Brown		75.00	
	May 1	Received from Mrs. White		30.00	
	Jun 1	Received from Mr. Green		40.00	
	Jul 1	Received from Mr. Black		60.00	
	Aug 1	Received from Mr. Grey		20.00	
	Sep 1	Received from Mr. Blue		15.00	
	Oct 1	Received from Mr. Yellow		10.00	
	Nov 1	Received from Mr. Purple		5.00	
	Dec 1	Received from Mr. Pink		3.00	
	Total			403.00	



# PERCENTAGE CHARTS

%	1RM 100	1RM 105	1RM 110	1RM 115	1RM 120	1RM 125	1RM 130	1RM 135	1RM 140	1RM 145	1RM 150	1RM 155	1RM 160	1RM 165	1RM 170	1RM 175	1RM 180
100	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180
96	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175
94	95	100	105	110	115	120	120	125	130	135	140	145	150	155	160	165	170
92	90	95	100	105	110	115	120	125	130	135	140	145	145	150	155	160	165
90	90	95	100	105	110	115	115	120	125	130	135	140	145	150	155	160	160
88	90	90	95	100	105	110	115	120	125	130	130	135	140	145	150	155	160
86	85	90	95	100	105	110	110	115	120	125	130	135	140	140	145	150	155
84	85	90	90	95	100	105	110	115	120	120	125	130	135	140	145	145	150
82	80	85	90	95	100	105	105	110	115	120	125	125	130	135	140	145	150
80	80	85	90	90	95	100	105	110	110	115	120	125	130	130	135	140	145
78	80	80	85	90	95	100	100	105	110	115	115	120	125	130	135	135	140
76	75	80	85	85	90	95	100	105	105	110	115	120	120	125	130	135	135
74	75	80	80	85	90	95	95	100	105	105	110	115	120	120	125	130	135
72	70	75	80	85	85	90	95	95	100	105	110	110	115	120	120	125	130
70	70	75	75	80	85	90	90	95	100	100	105	110	110	115	120	125	125
65	65	70	70	75	80	80	85	90	90	95	100	100	105	105	110	115	115
60	60	65	65	70	70	75	80	80	85	85	90	95	95	100	100	105	110

%	1RM 185	1RM 190	1RM 195	1RM 200	1RM 205	1RM 210	1RM 215	1RM 220	1RM 225	1RM 230	1RM 235	1RM 240	1RM 245	1RM 250	1RM 255	1RM 260	1RM 265
100	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255	260	265
96	180	180	185	190	195	200	205	210	215	220	225	230	235	240	245	250	255
94	175	180	185	190	195	195	200	205	210	215	220	225	230	235	240	245	250
92	170	175	180	185	190	195	200	200	205	210	215	220	225	230	235	240	245
90	165	170	175	180	185	190	195	200	205	205	210	215	220	225	230	235	240
88	165	165	170	175	180	185	190	195	200	200	205	210	215	220	225	230	235
86	160	165	170	170	175	180	185	190	195	200	200	205	210	215	220	225	230
84	155	160	165	170	170	175	180	185	190	195	195	200	205	210	215	220	225
82	150	155	160	165	170	170	175	180	185	190	195	195	200	205	210	215	215
80	150	150	155	160	165	170	170	175	180	185	190	190	195	200	205	210	210
78	145	150	150	155	160	165	170	170	175	180	185	185	190	195	200	205	205
76	140	145	150	150	155	160	165	165	170	175	180	180	185	190	195	200	200
74	135	140	145	150	150	155	160	165	165	170	175	180	180	185	190	190	195
72	135	135	140	145	150	150	155	160	160	165	170	175	175	180	185	185	190
70	130	135	135	140	145	145	150	155	160	160	165	170	170	175	180	180	185
65	120	125	125	130	135	135	140	145	145	150	155	155	160	165	165	170	170
60	110	115	115	120	125	125	130	130	135	140	140	145	145	150	155	155	160

%	1RM 270	1RM 275	1RM 280	1RM 285	1RM 290	1RM 295	1RM 300	1RM 305	1RM 310	1RM 315	1RM 320	1RM 325	1RM 330	1RM 335	1RM 340	1RM 345	1RM 350
100	270	275	280	285	290	295	300	305	310	315	320	325	330	335	340	345	350
96	260	265	270	275	280	285	290	295	300	300	305	310	315	320	325	330	335
94	255	260	265	270	275	275	280	285	290	295	300	305	310	315	320	325	330
92	250	255	260	260	265	270	275	280	285	290	295	300	305	310	315	315	320
90	245	250	250	255	260	265	270	275	280	285	290	295	295	300	305	310	315
88	240	240	245	250	255	260	265	270	275	275	280	285	290	295	300	305	310
86	230	235	240	245	250	255	260	260	265	270	275	280	285	290	290	295	300
84	225	230	235	240	245	250	250	255	260	265	270	275	275	280	285	290	295
82	220	225	230	235	240	240	245	250	255	260	260	265	270	275	280	285	285
80	215	220	225	230	230	235	240	245	250	250	255	260	265	270	270	275	280
78	210	215	220	220	225	230	235	240	240	245	250	255	255	260	265	270	275
76	205	210	215	215	220	225	230	230	235	240	245	245	250	255	260	260	265
74	200	205	205	210	215	220	220	225	230	235	235	240	245	250	250	255	260
72	195	200	200	205	210	210	215	220	225	225	230	235	240	240	245	250	250
70	190	195	195	200	205	205	210	215	215	220	225	230	230	235	240	240	245
65	175	180	180	185	190	190	195	200	200	205	210	210	215	220	220	225	230
60	160	165	170	170	175	175	180	185	185	190	190	195	200	200	205	205	210



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# PERCENTAGE CHARTS

%	1RM 360	1RM 365	1RM 370	1RM 375	1RM 380	1RM 385	1RM 390	1RM 395	1RM 400	1RM 405	1RM 410	1RM 415	1RM 420	1RM 425	1RM 430	1RM 435	1RM 440
100	360	365	370	375	380	385	390	395	400	405	410	415	420	425	430	435	440
96	345	350	355	360	365	370	375	380	385	390	395	400	405	410	415	420	420
94	340	345	350	355	355	360	365	370	375	380	385	390	395	400	405	410	415
92	330	335	340	345	350	355	360	365	370	375	375	380	385	390	395	400	405
90	325	330	335	340	340	345	350	355	360	365	370	375	380	385	385	390	395
88	315	320	325	330	335	340	345	350	350	355	360	365	370	375	380	385	385
86	310	315	320	325	325	330	335	340	345	350	355	355	360	365	370	375	380
84	300	305	310	315	320	325	330	330	335	340	345	350	355	355	360	365	370
82	295	300	305	310	310	315	320	325	330	330	335	340	345	350	355	355	360
80	290	290	295	300	305	310	310	315	320	325	330	330	335	340	345	350	350
78	280	285	290	290	295	300	305	310	310	315	320	325	325	330	335	340	345
76	275	275	280	285	290	295	295	300	305	310	310	315	320	325	325	330	335
74	265	270	275	280	280	285	290	290	295	300	305	305	310	315	320	320	325
72	260	265	265	270	275	275	280	285	290	290	295	300	300	305	310	315	315
70	250	255	260	265	265	270	275	275	280	285	285	290	295	300	300	305	310
65	235	235	240	245	245	250	255	255	260	265	265	270	275	275	280	285	285
60	215	220	220	225	230	230	235	235	240	245	245	250	250	255	260	260	265

%	1RM 445	1RM 450	1RM 460	1RM 465	1RM 470	1RM 475	1RM 480	1RM 490	1RM 495	1RM 500	1RM 505	1RM 510	1RM 515	1RM 520	1RM 525	1RM 530	1RM 535
100	445	450	460	465	470	475	480	490	495	500	505	510	515	520	525	530	535
96	425	430	440	445	450	455	460	470	475	480	485	490	495	500	505	510	515
94	420	425	430	435	440	445	450	460	465	470	475	480	485	490	495	500	505
92	410	415	425	430	430	435	440	450	455	460	465	470	475	480	485	490	490
90	400	405	415	420	425	430	430	440	445	450	455	460	465	470	475	475	480
88	390	395	405	410	415	420	420	430	435	440	445	450	455	460	460	465	470
86	385	385	395	400	405	410	415	420	425	430	435	440	445	445	450	455	460
84	375	380	385	390	395	400	405	410	415	420	425	430	435	435	440	445	450
82	365	370	375	380	385	390	395	400	405	410	415	420	420	425	430	435	440
80	355	360	370	370	375	380	385	390	395	400	405	410	410	415	420	425	430
78	345	350	360	365	365	370	375	380	385	390	395	400	400	405	410	415	415
76	340	340	350	355	355	360	365	370	375	380	385	390	390	395	400	405	405
74	330	335	340	345	350	350	355	365	365	370	375	375	380	385	390	390	395
72	320	325	330	335	340	340	345	355	355	360	365	365	370	375	380	380	385
70	310	315	320	325	330	335	335	345	345	350	355	355	360	365	370	370	375
65	290	295	300	300	305	310	310	320	320	325	330	330	335	340	340	345	350
60	265	270	275	280	280	285	290	295	295	300	305	305	310	310	315	320	320

%	1RM 540	1RM 545	1RM 550	1RM 555	1RM 560	1RM 565	1RM 570	1RM 575	1RM 580	1RM 585	1RM 590	1RM 595	1RM 600	1RM 605	1RM 610	1RM 615	1RM 620
100	540	545	550	555	560	565	570	575	580	585	590	595	600	605	610	615	620
96	520	525	530	535	540	540	545	550	555	560	565	570	575	580	585	590	595
94	510	510	515	520	525	530	535	540	545	550	555	560	565	570	575	580	585
92	495	500	505	510	515	520	525	530	535	540	545	545	550	555	560	565	570
90	485	490	495	500	505	510	515	520	520	525	530	535	540	545	550	555	560
88	475	480	485	490	495	495	500	505	510	515	520	525	530	530	535	540	545
86	465	470	475	475	480	485	490	495	500	505	505	510	515	520	525	530	535
84	455	460	460	465	470	475	480	485	485	490	495	500	505	510	510	515	520
82	445	445	450	455	460	465	465	470	475	480	485	490	490	495	500	505	510
80	430	435	440	445	450	450	455	460	465	470	470	475	480	485	490	490	495
78	420	425	430	435	435	440	445	450	450	455	460	465	470	470	475	480	485
76	410	415	420	420	425	430	435	435	440	445	450	450	455	460	465	465	470
74	400	405	405	410	415	420	420	425	430	435	435	440	445	450	450	455	460
72	390	390	395	400	405	405	410	415	420	420	425	430	430	435	440	445	445
70	380	380	385	390	390	395	400	405	405	410	415	415	420	425	425	430	435
65	350	355	360	360	365	365	370	375	375	380	385	385	390	395	395	400	405
60	325	325	330	335	335	340	340	345	350	350	355	355	360	365	365	370	370



1890

1891

1892

1893



# **IOWA FOOTBALL**

## **FOUR DAY WORKOUT**

TOUGH. SMART. PHYSICAL



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## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea

## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea



Roll program
Ball foot
Glutes * x over
Hamstring
Downward Dog x5
Groin
Fallouts x5ea
Psoas
Quads
Patella
Shins
IT Band
Rev Lunge Psoas x5ea
Horizontal Back
Lats
Pec
Heel Sit Rotate x5ea

Mini Band
Lateral STLG shuffle
x5 yds ea
SL Abduction
x5 ea
Superdog Glute
x5 ea
Push up Hurdle Step
x 5 ea
Handcuff Ext Rotation
x5

Big Band
X - Walk lateral
x5 yds ea
OHV Squat w/ abduction
x5
Knee Shuffle
x5 yds ea
Standing Scap activate
x10

Roll program
Ball foot
Glutes * x over
Hamstring
Downward Dog x5
Groin
Fallouts x5ea
Psoas
Quads
Patella
Shins
IT Band
Rev Lunge Psoas x5ea
Horizontal Back
Lats
Pec
Heel Sit Rotate x5ea

Mini Band
Lateral STLG shuffle
x5 yds ea
SL Abduction
x5 ea
Superdog Glute
x5 ea
Push up Hurdle Step
x 5 ea
Handcuff Ext Rotation
x5

Big Band
X - Walk lateral
x5 yds ea
OHV Squat w/ abduction
x5
Knee Shuffle
x5 yds ea
Standing Scap activate
x10



## Iowa Football Developmental Lifting - Phase I

### Week 1

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday- warm up	% reps	Friday-warm up	% reps
DB Snatch rest 3:00 min	60% x3each 70% x3 70% x3 70% x3	Hang Clean rest 3:00 min	60% x3 70% x3 70% x3 70% x3	DB Snatch rest 3:00 min	60% x3each 70% x3 70% x3	Behind Neck Jerk rest 3:00 min	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat pair 1:30 rest	60% x8 70% x8 70% x8 70% x8	A1 Bench Press pair 1:30 rest	60% x8 70% x8 70% x8 70% x8	A1 DB Goblet Squat pair 1:30 rest	60% x8 70% x8 70% x8	Incline Bench Press rest 1:30 min	60% x8 70% x8 70% x8 70% x8
A2 Pull-up (body weight)	x5 x5 x5	A2 STLG Hip Bridge (feet on bench)	x8 x8 x8 x8	A2 Lat Pulldown	x10 x10 x10	A1 Standing DB Military Press pair 1:30 rest	60% x8 60% x8 65% x8
B1 DB Step Up pair 1:30 rest	60% x8each 60% x8 65% x8	Standing BB Military Press rest 1:30 min	60% x8 60% x8 65% x8	B1 DB Split Squat pair 1:30 rest	60% x8each 60% x8 65% x8	A2 Pause Back Extension (pause 5 sec)	x5 x5 x5
B2 DB Row	65% x10each 65% x10 65% x10	Close Grip Bench Press rest 1:30 min	65% x12 65% x12 65% x12	B2 Inverted Rack Row	x5 x5 x5	SL Hip thrust w/ tennis ball rest 1:30 min	x6each x6 x6
Barbell Curl rest 1:30 min	x12 x12 x12			DB Curl rest 1:30 min	x12 x12 x12	Dips rest 1:30 min	xmax

## Iowa Football Developmental Lifting - Phase I

### Week 1

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday- warm up	% reps	Friday-warm up	% reps
DB Snatch rest 3:00 min	60% x3each 70% x3 70% x3 70% x3	Hang Clean rest 3:00 min	60% x3 70% x3 70% x3 70% x3	DB Snatch rest 3:00 min	60% x3each 70% x3 70% x3	Behind Neck Jerk rest 3:00 min	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat pair 1:30 rest	60% x8 70% x8 70% x8 70% x8	A1 Bench Press pair 1:30 rest	60% x8 70% x8 70% x8 70% x8	A1 DB Goblet Squat pair 1:30 rest	60% x8 70% x8 70% x8	Incline Bench Press rest 1:30 min	60% x8 70% x8 70% x8 70% x8
A2 Pull-up (body weight)	x5 x5 x5	A2 STLG Hip Bridge (feet on bench)	x8 x8 x8 x8	A2 Lat Pulldown	x10 x10 x10	A1 Standing DB Military Press pair 1:30 rest	60% x8 60% x8 65% x8
B1 DB Step Up pair 1:30 rest	60% x8each 60% x8 65% x8	Standing BB Military Press rest 1:30 min	60% x8 60% x8 65% x8	B1 DB Split Squat pair 1:30 rest	60% x8each 60% x8 65% x8	A2 Pause Back Extension (pause 5 sec)	x5 x5 x5
B2 DB Row	65% x10each 65% x10 65% x10	Close Grip Bench Press rest 1:30 min	65% x12 65% x12 65% x12	B2 Inverted Rack Row	x5 x5 x5	SL Hip thrust w/ tennis ball rest 1:30 min	x6each x6 x6
Barbell Curl rest 1:30 min	x12 x12 x12			DB Curl rest 1:30 min	x12 x12 x12	Dips rest 1:30 min	xmax







## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea

## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



# Iowa Football Developmental Lifting - Phase I

## Week 2

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday-warm up	% reps	Friday-warm up	% reps
DB Snatch rest 3:00 min	65% x3each 74% x3 74% x3 74% x3	Hang Clean rest 3:00 min	65% x3 74% x3 74% x3 74% x3	DB Snatch rest 3:00 min	65% x3each 74% x3 74% x3	Behind Neck Jerk rest 3:00 min	65% x3 74% x3 74% x3 74% x3
A1 DB Goblet Squat pair 1:30 rest	65% x8 74% x8 74% x8 74% x8	A1 Bench Press pair 1:30 rest	65% x8 74% x8 74% x8 74% x8	A1 DB Goblet Squat pair 1:30 rest	65% x8 74% x8 74% x8	Incline Bench Press rest 1:30 min	65% x8 74% x8 74% x8 74% x8
A2 Pull-up (body weight)	x6 x6 x6	A2 STLG Hip Bridge (feet on bench)	x10 x10 x10 x10	A2 Lat Pulldown	x8 x8 x8	A1 Standing DB Military Press pair 1:30 rest	60% x8 65% x8 70% x8
B1 DB Step Up pair 1:30 rest	60% x8each 65% x8 70% x8	Standing BB Military Press rest 1:30 min	60% x8 65% x8 70% x8	B1 DB Split Squat pair 1:30 rest	60% x8each 65% x8 70% x8	A2 Pause Back Extension (pause 5 sec)	x6 x6 x6
B2 DB Row	70% x10each 70% x10 70% x10	Close Grip Bench Press rest 1:30 min	70% x10 70% x10 70% x10	B2 Inverted Rack Row	x6 x6 x6	SL Hip thrust w/ tennis ball rest 1:30 min	x7each x7 x7
Barbell Curl rest 1:30 min	x10 x10 x10			DB Curl rest 1:30 min	x10 x10 x10	Dips rest 1:30 min	xmax xmax

# Iowa Football Developmental Lifting - Phase I

## Week 2

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday-warm up	% reps	Friday-warm up	% reps
DB Snatch rest 3:00 min	65% x3each 74% x3 74% x3 74% x3	Hang Clean rest 3:00 min	65% x3 74% x3 74% x3 74% x3	DB Snatch rest 3:00 min	65% x3each 74% x3 74% x3	Behind Neck Jerk rest 3:00 min	65% x3 74% x3 74% x3 74% x3
A1 DB Goblet Squat pair 1:30 rest	65% x8 74% x8 74% x8 74% x8	A1 Bench Press pair 1:30 rest	65% x8 74% x8 74% x8 74% x8	A1 DB Goblet Squat pair 1:30 rest	65% x8 74% x8 74% x8	Incline Bench Press rest 1:30 min	65% x8 74% x8 74% x8 74% x8
A2 Pull-up (body weight)	x6 x6 x6	A2 STLG Hip Bridge (feet on bench)	x10 x10 x10 x10	A2 Lat Pulldown	x8 x8 x8	A1 Standing DB Military Press pair 1:30 rest	60% x8 65% x8 70% x8
B1 DB Step Up pair 1:30 rest	60% x8each 65% x8 70% x8	Standing BB Military Press rest 1:30 min	60% x8 65% x8 70% x8	B1 DB Split Squat pair 1:30 rest	60% x8each 65% x8 70% x8	A2 Pause Back Extension (pause 5 sec)	x6 x6 x6
B2 DB Row	70% x10each 70% x10 70% x10	Close Grip Bench Press rest 1:30 min	70% x10 70% x10 70% x10	B2 Inverted Rack Row	x6 x6 x6	SL Hip thrust w/ tennis ball rest 1:30 min	x7each x7 x7
Barbell Curl rest 1:30 min	x10 x10 x10			DB Curl rest 1:30 min	x10 x10 x10	Dips rest 1:30 min	xmax xmax



Date		Description		Amount	
1890	Jan 1	Balance		100.00	
	Feb 1	Received from A. B.		50.00	
	Mar 1	Received from C. D.		25.00	
	Apr 1	Received from E. F.		75.00	
	May 1	Received from G. H.		100.00	
	Jun 1	Received from I. J.		150.00	
	Jul 1	Received from K. L.		200.00	
	Aug 1	Received from M. N.		250.00	
	Sep 1	Received from O. P.		300.00	
	Oct 1	Received from Q. R.		350.00	
	Nov 1	Received from S. T.		400.00	
	Dec 1	Received from U. V.		450.00	
	Total			2000.00	

Date		Description		Amount	
1890	Jan 1	Balance		100.00	
	Feb 1	Received from A. B.		50.00	
	Mar 1	Received from C. D.		25.00	
	Apr 1	Received from E. F.		75.00	
	May 1	Received from G. H.		100.00	
	Jun 1	Received from I. J.		150.00	
	Jul 1	Received from K. L.		200.00	
	Aug 1	Received from M. N.		250.00	
	Sep 1	Received from O. P.		300.00	
	Oct 1	Received from Q. R.		350.00	
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	Dec 1	Received from U. V.		450.00	
	Total			2000.00	



## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea

## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase I

Week 3							
Monday		Tuesday		Thursday		Friday	
<i>Monday-warm up</i>	%   reps	<i>Tuesday-warm up</i>	%   reps	<i>Thursday- warm up</i>	%   reps	<i>Friday-warm up</i>	%   reps
DB Snatch <i>rest 3:00 min</i>	70% x3each 80% x3 80% x3 80% x3	Hang Clean <i>rest 3:00 min</i>	70% x3 80% x3 80% x3 80% x3	DB Snatch <i>rest 3:00 min</i>	70% x3each 80% x3 80% x3	Behind Neck Jerk <i>rest 3:00 min</i>	70% x3 80% x3 80% x3 80% x3
A1 DB Goblet Squat <i>pair 1:30 rest</i>	70% x6 80% x6 80% x6 80% x6	A1 Bench Press <i>pair 1:30 rest</i>	70% x6 80% x6 80% x6 80% x6	A1 DB Goblet Squat <i>pair 1:30 rest</i>	70% x6 80% x6 80% x6	Incline Bench Press <i>rest 1:30 min</i>	70% x6 80% x6 80% x6 80% x6
A2 Pull-up (body weight)	x7 x7 x7	A2 STLG Hip Bridge (feet on bench)	x12 x12 x12	A2 Lat Pulldown	x6 x6 x6	A1 Standing DB Military Press <i>pair 1:30 rest</i>	65% x6 70% x6 74% x6
B1 DB Step Up <i>pair 1:30 rest</i>	65% x6each 70% x6 74% x6	Standing BB Military Press <i>rest 1:30 min</i>	65% x6 70% x6 74% x6	B1 DB Split Squat <i>pair 1:30 rest</i>	65% x6each 70% x6 74% x6	A2 Pause Back Extension (pause 5 sec)	x7 x7 x7
B2 DB Row	74% x8each 74% x8 74% x8	Close Grip Bench Press <i>rest 1:30 min</i>	74% x8 74% x8 74% x8	B2 Inverted Rack Row	x7 x7 x7	SL Hip thrust w/ tennis ball <i>rest 1:30 min</i>	x8each x8 x8
Barbell Curl <i>rest 1:30 min</i>	x8 x8 x8			DB Curl <i>rest 1:30 min</i>	x8 x8 x8	Dips <i>rest 1:30 min</i>	xmax xmax

## Iowa Football Developmental Lifting - Phase I

Week 3							
Monday		Tuesday		Thursday		Friday	
<i>Monday-warm up</i>	%   reps	<i>Tuesday-warm up</i>	%   reps	<i>Thursday- warm up</i>	%   reps	<i>Friday-warm up</i>	%   reps
DB Snatch <i>rest 3:00 min</i>	70% x3each 80% x3 80% x3 80% x3	Hang Clean <i>rest 3:00 min</i>	70% x3 80% x3 80% x3 80% x3	DB Snatch <i>rest 3:00 min</i>	70% x3each 80% x3 80% x3	Behind Neck Jerk <i>rest 3:00 min</i>	70% x3 80% x3 80% x3 80% x3
A1 DB Goblet Squat <i>pair 1:30 rest</i>	70% x6 80% x6 80% x6 80% x6	A1 Bench Press <i>pair 1:30 rest</i>	70% x6 80% x6 80% x6 80% x6	A1 DB Goblet Squat <i>pair 1:30 rest</i>	70% x6 80% x6 80% x6	Incline Bench Press <i>rest 1:30 min</i>	70% x6 80% x6 80% x6 80% x6
A2 Pull-up (body weight)	x7 x7 x7	A2 STLG Hip Bridge (feet on bench)	x12 x12 x12	A2 Lat Pulldown	x6 x6 x6	A1 Standing DB Military Press <i>pair 1:30 rest</i>	65% x6 70% x6 74% x6
B1 DB Step Up <i>pair 1:30 rest</i>	65% x6each 70% x6 74% x6	Standing BB Military Press <i>rest 1:30 min</i>	65% x6 70% x6 74% x6	B1 DB Split Squat <i>pair 1:30 rest</i>	65% x6each 70% x6 74% x6	A2 Pause Back Extension (pause 5 sec)	x7 x7 x7
B2 DB Row	74% x8each 74% x8 74% x8	Close Grip Bench Press <i>rest 1:30 min</i>	74% x8 74% x8 74% x8	B2 Inverted Rack Row	x7 x7 x7	SL Hip thrust w/ tennis ball <i>rest 1:30 min</i>	x8each x8 x8
Barbell Curl <i>rest 1:30 min</i>	x8 x8 x8			DB Curl <i>rest 1:30 min</i>	x8 x8 x8	Dips <i>rest 1:30 min</i>	xmax xmax



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## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Monday

Roll/Mob

#### Big Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec  
SL shoulder bridge-hold x10sec ea.

#### Tuesday

Hurdle Mob-Forward x2ea way

#### Mini Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec  
SL shoulder bridge-hold x10sec ea.

#### Thursday

Roll/Mob

#### Big Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec ea  
SL shoulder bridge-hold x10sec ea.

#### Friday

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec ea  
SL shoulder bridge-hold x10sec ea.

## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Monday

Roll/Mob

#### Big Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec  
SL shoulder bridge-hold x10sec ea.

#### Tuesday

Hurdle Mob-Forward x2ea way

#### Mini Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec  
SL shoulder bridge-hold x10sec ea.

#### Thursday

Roll/Mob

#### Big Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec ea  
SL shoulder bridge-hold x10sec ea.

#### Friday

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

Full dead bug x5  
Straight leg sit up with stick x12  
3-way elbow hold x10sec ea  
SL shoulder bridge-hold x10sec ea.



Roll program
Ball foot
Glutes * x over
Hamstring
Downward Dog x5
Groin
Fallouts x5ea
Psoas
Quads
Patella
Shins
IT Band
Rev Lunge Psoas x5ea
Horizontal Back
Lats
Pec
Heel Sit Rotate x5ea

Mini Band
Lateral STLG shuffle
x5 yds ea
SL Abduction
x5 ea
Superdog Glute
x5 ea
Push up Hurdle Step
x 5 ea
Handcuff Ext Rotation
x5

Big Band
X - Walk lateral
x5 yds ea
OHV Squat w/ abduction
x5
Knee Shuffle
x5 yds ea
Standing Scap activate
x10

Roll program
Ball foot
Glutes * x over
Hamstring
Downward Dog x5
Groin
Fallouts x5ea
Psoas
Quads
Patella
Shins
IT Band
Rev Lunge Psoas x5ea
Horizontal Back
Lats
Pec
Heel Sit Rotate x5ea

Mini Band
Lateral STLG shuffle
x5 yds ea
SL Abduction
x5 ea
Superdog Glute
x5 ea
Push up Hurdle Step
x 5 ea
Handcuff Ext Rotation
x5

Big Band
X - Walk lateral
x5 yds ea
OHV Squat w/ abduction
x5
Knee Shuffle
x5 yds ea
Standing Scap activate
x10



## Iowa Football Developmental Lifting - Phase II

### Week 4 - Unload Week

Monday		Tuesday		Thursday		Friday	
<i>Monday-warm up</i>	%   reps	<i>Tuesday-warm up</i>	%   reps	<i>Thursday- warm up</i>	%   reps	<i>Friday-warm up</i>	%   reps
DB Snatch <i>rest 3:00 min</i>	60% x3each 70% x3 70% x3 70% x3	Hang Clean <i>rest 3:00 min</i>	60% x3 70% x3 70% x3 70% x3	DB Snatch <i>rest 3:00 min</i>	60% x3each 70% x3 70% x3	Behind Neck Jerk <i>rest 3:00 min</i>	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6	A1 Bench Press <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6	A1 DB Goblet Squat <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6	Incline Bench Press <i>rest 1:30 min</i>	60% x6 70% x6 70% x6 70% x6
A2 Pull-up <i>(body weight)</i>	x8 x8	A2 STLG Hip Bridge <i>(feet on bench)</i>	x12 x12	A2 Lat Pulldown	x6 x6	A1 Standing DB Military Press <i>pair 1:30 rest</i>	65% x6 70% x6
B1 DB Step Up <i>pair 1:30 rest</i>	65% x6each 70% x6	Standing BB Military Press <i>rest 1:30 min</i>	65% x6 70% x6	B1 DB Split Squat <i>pair 1:30 rest</i>	65% x6each 70% x6	A2 BB RDL <i>rest 1:30 min</i>	70% x6 74% x6
B2 DB Row	65% x6each 70% x6	Close Grip Bench Press <i>rest 1:30 min</i>	65% x8 70% x8	B2 Inverted Rack Row	x7 x7	SL Back Extension <i>rest 1:30 min</i>	x5each x5
Barbell Curl <i>rest 1:30 min</i>	x8 x8			DB Curl <i>rest 1:30 min</i>	x8 x8	Dips <i>rest 1:30 min</i>	xmax

## Iowa Football Developmental Lifting - Phase II

### Week 4 - Unload Week

Monday		Tuesday		Thursday		Friday	
<i>Monday-warm up</i>	%   reps	<i>Tuesday-warm up</i>	%   reps	<i>Thursday- warm up</i>	%   reps	<i>Friday-warm up</i>	%   reps
DB Snatch <i>rest 3:00 min</i>	60% x3each 70% x3 70% x3 70% x3	Hang Clean <i>rest 3:00 min</i>	60% x3 70% x3 70% x3 70% x3	DB Snatch <i>rest 3:00 min</i>	60% x3each 70% x3 70% x3	Behind Neck Jerk <i>rest 3:00 min</i>	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6	A1 Bench Press <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6	A1 DB Goblet Squat <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6	Incline Bench Press <i>rest 1:30 min</i>	60% x6 70% x6 70% x6 70% x6
A2 Pull-up <i>(body weight)</i>	x8 x8	A2 STLG Hip Bridge <i>(feet on bench)</i>	x12 x12	A2 Lat Pulldown	x6 x6	A1 Standing DB Military Press <i>pair 1:30 rest</i>	65% x6 70% x6
B1 DB Step Up <i>pair 1:30 rest</i>	65% x6each 70% x6	Standing BB Military Press <i>rest 1:30 min</i>	65% x6 70% x6	B1 DB Split Squat <i>pair 1:30 rest</i>	65% x6each 70% x6	A2 BB RDL <i>rest 1:30 min</i>	70% x6 74% x6
B2 DB Row	65% x6each 70% x6	Close Grip Bench Press <i>rest 1:30 min</i>	65% x8 70% x8	B2 Inverted Rack Row	x7 x7	SL Back Extension <i>rest 1:30 min</i>	x5each x5
Barbell Curl <i>rest 1:30 min</i>	x8 x8			DB Curl <i>rest 1:30 min</i>	x8 x8	Dips <i>rest 1:30 min</i>	xmax



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## LIFTING WARM UP & TORSO EXERCISES - Phase II

PHASE II	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.

## LIFTING WARM UP & TORSO EXERCISES - Phase II

PHASE II	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase II

### Week 5

Monday		Tuesday		Thursday		Friday	
Monday-warm up	%   reps	Tuesday-warm up	%   reps	Thursday- warm up	%   reps	Friday-warm up	%   reps
DB Snatch rest 3:00 min	70% x3each 82% x3 82% x3 82% x3	Hang Clean rest 3:00 min	70% x3 82% x3 82% x3 82% x3	DB Snatch rest 3:00 min	70% x3each 82% x3 82% x3	Behind Neck Jerk rest 3:00 min	70% x3 82% x3 82% x3 82% x3
A1 DB Goblet Squat pair 1:30 rest	70% x5 82% x5 82% x5 82% x5	A1 Bench Press pair 1:30 rest	70% x5 82% x5 82% x5 82% x5	A1 DB Goblet Squat pair 1:30 rest	70% x5 82% x5 82% x5	Incline Bench Press rest 1:30 min	70% x5 82% x5 82% x5 82% x5
A2 Pull-up + weight	x5 x5 x5	A2 DL Bent Leg Hip Bridge (feet on bench)	x8 x8 x8	A2 Undergrip Pull-up (body weight)	x5 x5 x5	A1 Standing DB Military Press pair 1:30 rest	70% x5 74% x5 80% x5
B1 DB Step Up pair 1:30 rest	70% x5each 74% x5 80% x5	Standing BB Military Press rest 1:30 min	70% x5 74% x5 80% x5	B1 DB Split Squat pair 1:30 rest	70% x5each 74% x5 80% x5	A2 BB RDL	70% x5 74% x5 80% x5
B2 DB Row	80% x6each 80% x6 80% x6	Close Grip Bench Press rest 1:30 min	80% x6 80% x6 80% x6	B2 Inverted Rack Row	x8 x8 x8	SL Back Extension rest 1:30 min	x5each x5 x5
Barbell Curl rest 1:30 min	x6 x6 x6			DB Curl rest 1:30 min	x6 x6 x6	Dips + weight rest 1:30 min	xmax

## Iowa Football Developmental Lifting - Phase II

### Week 5

Monday		Tuesday		Thursday		Friday	
Monday-warm up	%   reps	Tuesday-warm up	%   reps	Thursday- warm up	%   reps	Friday-warm up	%   reps
DB Snatch rest 3:00 min	70% x3each 82% x3 82% x3 82% x3	Hang Clean rest 3:00 min	70% x3 82% x3 82% x3 82% x3	DB Snatch rest 3:00 min	70% x3each 82% x3 82% x3	Behind Neck Jerk rest 3:00 min	70% x3 82% x3 82% x3 82% x3
A1 DB Goblet Squat pair 1:30 rest	70% x5 82% x5 82% x5 82% x5	A1 Bench Press pair 1:30 rest	70% x5 82% x5 82% x5 82% x5	A1 DB Goblet Squat pair 1:30 rest	70% x5 82% x5 82% x5	Incline Bench Press rest 1:30 min	70% x5 82% x5 82% x5 82% x5
A2 Pull-up + weight	x5 x5 x5	A2 DL Bent Leg Hip Bridge (feet on bench)	x8 x8 x8	A2 Undergrip Pull-up (body weight)	x5 x5 x5	A1 Standing DB Military Press pair 1:30 rest	70% x5 74% x5 80% x5
B1 DB Step Up pair 1:30 rest	70% x5each 74% x5 80% x5	Standing BB Military Press rest 1:30 min	70% x5 74% x5 80% x5	B1 DB Split Squat pair 1:30 rest	70% x5each 74% x5 80% x5	A2 BB RDL	70% x5 74% x5 80% x5
B2 DB Row	80% x6each 80% x6 80% x6	Close Grip Bench Press rest 1:30 min	80% x6 80% x6 80% x6	B2 Inverted Rack Row	x8 x8 x8	SL Back Extension rest 1:30 min	x5each x5 x5
Barbell Curl rest 1:30 min	x6 x6 x6			DB Curl rest 1:30 min	x6 x6 x6	Dips + weight rest 1:30 min	xmax







## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.

## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec SL shoulder bridge-hold x10sec ea.
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> Full dead bug x5 Straight leg sit up with stick x12 3-way elbow hold x10sec ea SL shoulder bridge-hold x10sec ea.



Roll program
Ball foot
Glutes * x over
Hamstring
Downward Dog x5
Groin
Fallouts x5ea
Psoas
Quads
Patella
Shins
IT Band
Rev Lunge Psoas x5ea
Horizontal Back
Lats
Pec
Heel Sit Rotate x5ea

Mini Band
Lateral STLG shuffle
x5 yds ea
SL Abduction
x5 ea
Superdog Glute
x5 ea
Push up Hurdle Step
x 5 ea
Handcuff Ext Rotation
x5

Big Band
X - Walk lateral
x5 yds ea
OHV Squat w/ abduction
x5
Knee Shuffle
x5 yds ea
Standing Scap activate
x10

Roll program
Ball foot
Glutes * x over
Hamstring
Downward Dog x5
Groin
Fallouts x5ea
Psoas
Quads
Patella
Shins
IT Band
Rev Lunge Psoas x5ea
Horizontal Back
Lats
Pec
Heel Sit Rotate x5ea

Mini Band
Lateral STLG shuffle
x5 yds ea
SL Abduction
x5 ea
Superdog Glute
x5 ea
Push up Hurdle Step
x 5 ea
Handcuff Ext Rotation
x5

Big Band
X - Walk lateral
x5 yds ea
OHV Squat w/ abduction
x5
Knee Shuffle
x5 yds ea
Standing Scap activate
x10



## Iowa Football Developmental Lifting - Phase II

### Week 6

Monday		Tuesday		Thursday		Friday	
Monday-warm up	%   reps	Tuesday-warm up	%   reps	Thursday- warm up	%   reps	Friday-warm up	%   reps
DB Snatch rest 3:00 min	70% x3each 84% x3 84% x3 84% x3	Hang Clean rest 3:00 min	70% x3 84% x3 84% x3 84% x3	DB Snatch rest 3:00 min	70% x3each 84% x3 84% x3	Behind Neck Jerk rest 3:00 min	70% x3 84% x3 84% x3 84% x3
A1 DB Goblet Squat pair 1:30 rest	70% x5 84% x5 84% x5 84% x5	A1 Bench Press pair 1:30 rest	70% x5 84% x5 84% x5 84% x5	A1 DB Goblet Squat pair 1:30 rest	70% x5 84% x5 84% x5	Incline Bench Press rest 1:30 min	70% x5 84% x5 84% x5 84% x5
A2 Pull-up + weight	x6 x6 x6	A2 DL Bent Leg Hip Bridge (feet on bench)	x10 x10 x10	A2 Undergrip Pull-up (body weight)	x6 x6	A1 Standing DB Military Press pair 1:30 rest	74% x5 80% x5 84% x5
B1 DB Step Up pair 1:30 rest	74% x5each 80% x5 84% x5	Standing BB Military Press rest 1:30 min	74% x5 80% x5 84% x5	B1 DB Split Squat pair 1:30 rest	74% x5each 80% x5 84% x5	A2 BB RDL	74% x5 80% x5 84% x5
B2 DB Row	84% x5each 84% x5 84% x5	Close Grip Bench Press rest 1:30 min	84% x5 84% x5 84% x5	B2 Inverted Rack Row	x10 x10 x10	SL Back Extension rest 1:30 min	x6each x6 x6
Barbell Curl rest 1:30 min	x5 x5 x5			DB Curl rest 1:30 min	x5 x5 x5	Dips + weight rest 1:30 min	xmax

## Iowa Football Developmental Lifting - Phase II

### Week 6

Monday		Tuesday		Thursday		Friday	
Monday-warm up	%   reps	Tuesday-warm up	%   reps	Thursday- warm up	%   reps	Friday-warm up	%   reps
DB Snatch rest 3:00 min	70% x3each 84% x3 84% x3 84% x3	Hang Clean rest 3:00 min	70% x3 84% x3 84% x3 84% x3	DB Snatch rest 3:00 min	70% x3each 84% x3 84% x3	Behind Neck Jerk rest 3:00 min	70% x3 84% x3 84% x3 84% x3
A1 DB Goblet Squat pair 1:30 rest	70% x5 84% x5 84% x5 84% x5	A1 Bench Press pair 1:30 rest	70% x5 84% x5 84% x5 84% x5	A1 DB Goblet Squat pair 1:30 rest	70% x5 84% x5 84% x5	Incline Bench Press rest 1:30 min	70% x5 84% x5 84% x5 84% x5
A2 Pull-up + weight	x6 x6 x6	A2 DL Bent Leg Hip Bridge (feet on bench)	x10 x10 x10	A2 Undergrip Pull-up (body weight)	x6 x6	A1 Standing DB Military Press pair 1:30 rest	74% x5 80% x5 84% x5
B1 DB Step Up pair 1:30 rest	74% x5each 80% x5 84% x5	Standing BB Military Press rest 1:30 min	74% x5 80% x5 84% x5	B1 DB Split Squat pair 1:30 rest	74% x5each 80% x5 84% x5	A2 BB RDL	74% x5 80% x5 84% x5
B2 DB Row	84% x5each 84% x5 84% x5	Close Grip Bench Press rest 1:30 min	84% x5 84% x5 84% x5	B2 Inverted Rack Row	x10 x10 x10	SL Back Extension rest 1:30 min	x6each x6 x6
Barbell Curl rest 1:30 min	x5 x5 x5			DB Curl rest 1:30 min	x5 x5 x5	Dips + weight rest 1:30 min	xmax



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683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704
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727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748
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815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836
837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858
859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880
881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902
903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924
925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946
947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968
969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990
991	992	993	994	995	996	997	998	999	1000	1001	1002	1003	1004	1005	1006	1007	1008	1009	1010	1011	1012
1013	1014	1015	1016	1017	1018	1019	1020	1021	1022	1023	1024	1025	1026	1027	1028	1029	1030	1031	1032	1033	1034
1035	1036	1037	1038	1039	1040	1041	1042	1043	1044	1045	1046	1047	1048	1049	1050	1051	1052	1053	1054	1055	1056
1057	1058	1059	1060	1061	1062	1063	1064	1065	1066	1067	1068	1069	1070	1071	1072	1073	1074	1075	1076	1077	1078
1079	1080	1081	1082	1083	1084	1085	1086	1087	1088	1089	1090	1091	1092	1093	1094	1095	1096	1097	1098	1099	1100
1101	1102	1103	1104	1105	1106	1107	1108	1109	1110	1111	1112	1113	1114	1115	1116	1117	1118	1119	1120	1121	1122
1123	1124	1125	1126	1127	1128	1129	1130	1131	1132	1133	1134	1135	1136	1137	1138	1139	1140	1141	1142	1143	1144
1145	1146	1147	1148	1149	1150	1151	1152	1153	1154	1155	1156	1157	1158	1159	1160	1161	1162	1163	1164	1165	1166
1167	1168	1169	1170	1171	1172	1173	1174	1175	1176	1177	1178	1179	1180	1181	1182	1183	1184	1185	1186	1187	1188
1189	1190	1191	1192	1193	1194	1195	1196	1197	1198	1199	1200	1201	1202	1203	1204	1205	1206	1207	1208	1209	1210
1211	1212	1213	1214	1215	1216	1217	1218	1219	1220	1221	1222	1223	1224	1225	1226	1227	1228	1229	1230	1231	1232
1233	1234	1235	1236	1237	1238	1239	1240	1241	1242	1243	1244	1245	1246	1247	1248	1249	1250	1251	1252	1253	1254
1255	1256	1257	1258	1259	1260	1261	1262	1263	1264	1265	1266	1267	1268	1269	1270	1271	1272	1273	1274	1275	1276
1277	1278	1279	1280	1281	1282	1283	1284	1285	1286	1287	1288	1289	1290	1291	1292	1293	1294	1295	1296	1297	1298
1299	1300	1301	1302	1303	1304	1305	1306	1307	1308	1309	1310	1311	1312	1313	1314	1315	1316	1317	1318	1319	1320
1321	1322	1323	1324	1325	1326	1327	1328	1329	1330	1331	1332	1333	1334	1335	1336	1337	1338	1339	1340	1341	1342
1343	1344	1345	1346	1347	1348	1349	1350	1351	1352	1353	1354	1355	1356	1357	1358	1359	1360	1361	1362	1363	1364
1365	1366	1367	1368	1369	1370	1371	1372	1373	1374	1375	1376	1377	1378	1379	1380	1381	1382	1383	1384	1385	1386
1387	1388	1389	1390	1391	1392	1393	1394	1395	1396	1397	1398	1399	1400	1401	1402	1403	1404	1405	1406	1407	1408
1409	1410	1411	1412	1413	1414	1415	1416	1417	1418	1419	1420	1421	1422	1423	1424	1425	1426	1427	1428	1429	1430



## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea

## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase III

### Week 7

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday-warm up	% reps	Friday-warm up	% reps
BB Hang Snatch rest 3:00 min	65% x3 74% x3 74% x3 74% x3	Hang Clean rest 3:00 min	70% x3 86% x3 86% x3 86% x3	DB Snatch rest 3:00 min	70% x3each 86% x3 86% x3	Behind Neck Jerk rest 3:00 min	70% x3 86% x3 86% x3 86% x3
A1 Front Squat pair 1:30 rest	65% x5 74% x5 74% x5 74% x5	A1 Bench Press pair 1:30 rest	70% x4 86% x4 86% x4 86% x4	A1 DB Goblet Squat pair 1:30 rest	70% x4 86% x4 86% x4	Incline Bench Press rest 1:30 min	70% x4 86% x4 86% x4 86% x4
A2 Pull-up + weight	x7 x7 x7	A2 DL Bent Leg Hip Bridge (feet on bench)	x12 x12 x12	A2 Undergrip Pull-up (body weight)	x7 x7 x7	A1 Alt DB Shoulder Press pair 1:30 rest	70% x5each 74% x5 78% x5
B1 SL DB Bench Squat pair 1:30 rest	70% x5each 74% x5 78% x5	Standing BB Military Press rest 1:30 min	76% x4 82% x4 86% x4	B1 DB Lunge pair 1:30 rest	70% x5each 74% x5 78% x5	A2 BB RDL	76% x4 82% x4 86% x4
B2 Double Arm DB Row	70% x5 74% x5 78% x5	DB Bench rest 1:30 min	70% x5 74% x5 78% x5	B2 BB Row	70% x8 74% x8 78% x8	Glute Ham Raise rest 1:30 min	x5 x5 x5
Barbell Curl rest 1:30 min	x5 x5 x5			DB Curl rest 1:30 min	x5 x5 x5	Dips + weight rest 1:30 min	xmax xmax

## Iowa Football Developmental Lifting - Phase III

### Week 7

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday-warm up	% reps	Friday-warm up	% reps
BB Hang Snatch rest 3:00 min	65% x3 74% x3 74% x3 74% x3	Hang Clean rest 3:00 min	70% x3 86% x3 86% x3 86% x3	DB Snatch rest 3:00 min	70% x3each 86% x3 86% x3	Behind Neck Jerk rest 3:00 min	70% x3 86% x3 86% x3 86% x3
A1 Front Squat pair 1:30 rest	65% x5 74% x5 74% x5 74% x5	A1 Bench Press pair 1:30 rest	70% x4 86% x4 86% x4 86% x4	A1 DB Goblet Squat pair 1:30 rest	70% x4 86% x4 86% x4	Incline Bench Press rest 1:30 min	70% x4 86% x4 86% x4 86% x4
A2 Pull-up + weight	x7 x7 x7	A2 DL Bent Leg Hip Bridge (feet on bench)	x12 x12 x12	A2 Undergrip Pull-up (body weight)	x7 x7 x7	A1 Alt DB Shoulder Press pair 1:30 rest	70% x5each 74% x5 78% x5
B1 SL DB Bench Squat pair 1:30 rest	70% x5each 74% x5 78% x5	Standing BB Military Press rest 1:30 min	76% x4 82% x4 86% x4	B1 DB Lunge pair 1:30 rest	70% x5each 74% x5 78% x5	A2 BB RDL	76% x4 82% x4 86% x4
B2 Double Arm DB Row	70% x5 74% x5 78% x5	DB Bench rest 1:30 min	70% x5 74% x5 78% x5	B2 BB Row	70% x8 74% x8 78% x8	Glute Ham Raise rest 1:30 min	x5 x5 x5
Barbell Curl rest 1:30 min	x5 x5 x5			DB Curl rest 1:30 min	x5 x5 x5	Dips + weight rest 1:30 min	xmax xmax







## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea

## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase III

### Week 8 - Unload Week

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday-warm up	% reps	Friday-warm up	% reps
BB Hang Snatch rest 3:00 min	70% x3 78% x3 78% x3 78% x3	Hang Clean rest 3:00 min	70% x3 80% x3 80% x3	DB Snatch rest 3:00 min	70% x3each 80% x3 80% x3	Behind Neck Jerk rest 3:00 min	70% x3 80% x3 80% x3
A1 Front Squat pair 1:30 rest	70% x5 78% x5 78% x5 78% x5	A1 Bench Press pair 1:30 rest	70% x5 80% x5 80% x5	A1 DB Goblet Squat pair 1:30 rest	70% x5 80% x5 80% x5	Incline Bench Press rest 1:30 min	70% x5 80% x5 80% x5
A2 Pull-up + weight	x8 x8	A2 DL Bent Leg Hip Bridge (feet on bench)	x12 x12	A2 Undergrip Pull-up (body weight)	x8 x8	A1 Alt DB Shoulder Press pair 1:30 rest	76% x5each 80% x5
B1 SL DB Bench Squat pair 1:30 rest	76% x5each 80% x5	Standing BB Military Press rest 1:30 min	76% x5 80% x5	B1 DB Lunge pair 1:30 rest	76% x5each 80% x5	A2 BB RDL	76% x5 80% x5
B2 Double Arm DB Row	76% x5 80% x5	DB Bench rest 1:30 min	76% x5 80% x5	B2 BB Row	76% x5 80% x5	Glute Ham Raise rest 1:30 min	x6 x6
Barbell Curl rest 1:30 min	x5 x5			DB Curl rest 1:30 min	x5 x5		

## Iowa Football Developmental Lifting - Phase III

### Week 8 - Unload Week

Monday		Tuesday		Thursday		Friday	
Monday-warm up	% reps	Tuesday-warm up	% reps	Thursday-warm up	% reps	Friday-warm up	% reps
BB Hang Snatch rest 3:00 min	70% x3 78% x3 78% x3 78% x3	Hang Clean rest 3:00 min	70% x3 80% x3 80% x3	DB Snatch rest 3:00 min	70% x3each 80% x3 80% x3	Behind Neck Jerk rest 3:00 min	70% x3 80% x3 80% x3
A1 Front Squat pair 1:30 rest	70% x5 78% x5 78% x5 78% x5	A1 Bench Press pair 1:30 rest	70% x5 80% x5 80% x5	A1 DB Goblet Squat pair 1:30 rest	70% x5 80% x5 80% x5	Incline Bench Press rest 1:30 min	70% x5 80% x5 80% x5
A2 Pull-up + weight	x8 x8	A2 DL Bent Leg Hip Bridge (feet on bench)	x12 x12	A2 Undergrip Pull-up (body weight)	x8 x8	A1 Alt DB Shoulder Press pair 1:30 rest	76% x5each 80% x5
B1 SL DB Bench Squat pair 1:30 rest	76% x5each 80% x5	Standing BB Military Press rest 1:30 min	76% x5 80% x5	B1 DB Lunge pair 1:30 rest	76% x5each 80% x5	A2 BB RDL	76% x5 80% x5
B2 Double Arm DB Row	76% x5 80% x5	DB Bench rest 1:30 min	76% x5 80% x5	B2 BB Row	76% x5 80% x5	Glute Ham Raise rest 1:30 min	x6 x6
Barbell Curl rest 1:30 min	x5 x5			DB Curl rest 1:30 min	x5 x5		



TABLE I			
Year	Population	Area	Population Density
1900	1,000,000	100,000	10
1910	1,500,000	150,000	10
1920	2,000,000	200,000	10
1930	2,500,000	250,000	10
1940	3,000,000	300,000	10
1950	3,500,000	350,000	10
1960	4,000,000	400,000	10
1970	4,500,000	450,000	10
1980	5,000,000	500,000	10
1990	5,500,000	550,000	10
2000	6,000,000	600,000	10
2010	6,500,000	650,000	10
2020	7,000,000	700,000	10

TABLE II			
Year	Population	Area	Population Density
1900	1,000,000	100,000	10
1910	1,500,000	150,000	10
1920	2,000,000	200,000	10
1930	2,500,000	250,000	10
1940	3,000,000	300,000	10
1950	3,500,000	350,000	10
1960	4,000,000	400,000	10
1970	4,500,000	450,000	10
1980	5,000,000	500,000	10
1990	5,500,000	550,000	10
2000	6,000,000	600,000	10
2010	6,500,000	650,000	10
2020	7,000,000	700,000	10



## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea

## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Monday	Tuesday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea
Thursday	Friday
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Lateral x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase III

### Week 9

Monday		Tuesday		Thursday		Friday	
Monday-warm up	%   reps	Tuesday-warm up	%   reps	Thursday- warm up	%   reps	Friday-warm up	%   reps
BB Hang Snatch rest 3:00 min	70% x3 82% x3 82% x3 82% x3	Hang Clean rest 3:00 min	78% x2 88% x2 88% x2 88% x2	DB Snatch rest 3:00 min	78% x2each 88% x2 88% x2	Push Press rest 3:00 min	78% x2 88% x2 88% x2 88% x2
A1 Front Squat pair 1:30 rest	70% x5 82% x5 82% x5	A1 Bench Press pair 1:30 rest	78% x3 88% x3 88% x3 88% x3	A1 DB Goblet Squat pair 1:30 rest	78% x3 88% x3 88% x3	Incline Bench Press rest 1:30 min	78% x3 88% x3 88% x3 88% x3
A2 Pull-up + weight	xmax xmax	A2 DL Bent Leg Hip Bridge (feet on bench)	x14 x14 x14	A2 Undergrip Pull-up (body weight)	x10 x10 x10	A1 Alt DB Shoulder Press pair 1:30 rest	74% x5 78% x5 82% x5
B1 SL DB Bench Squat pair 1:30 rest	74% x5each 78% x5 82% x5	Standing BB Military Press rest 1:30 min	80% x3 84% x3 88% x3	B1 DB Lunge pair 1:30 rest	74% x5each 78% x5 82% x5	A2 BB RDL	80% x3 84% x3 88% x3
B2 Double Arm DB Row	74% x5 78% x5 82% x5	DB Bench rest 1:30 min	74% x5 78% x5 82% x5	B2 BB Row	74% x5 78% x5 82% x5	Glute Ham Raise rest 1:30 min	x7 x7
Barbell Curl rest 1:30 min	x5 x5 x5			DB Curl rest 1:30 min	x5 x5 x5	Dips + weight rest 1:30 min	xmax xmax

## Iowa Football Developmental Lifting - Phase III

### Week 9

Monday		Tuesday		Thursday		Friday	
Monday-warm up	%   reps	Tuesday-warm up	%   reps	Thursday- warm up	%   reps	Friday-warm up	%   reps
BB Hang Snatch rest 3:00 min	70% x3 82% x3 82% x3 82% x3	Hang Clean rest 3:00 min	78% x2 88% x2 88% x2 88% x2	DB Snatch rest 3:00 min	78% x2each 88% x2 88% x2	Behind Neck Jerk rest 3:00 min	78% x2 88% x2 88% x2 88% x2
A1 Front Squat pair 1:30 rest	70% x5 82% x5 82% x5	A1 Bench Press pair 1:30 rest	78% x3 88% x3 88% x3 88% x3	A1 DB Goblet Squat pair 1:30 rest	78% x3 88% x3 88% x3	Incline Bench Press rest 1:30 min	78% x3 88% x3 88% x3 88% x3
A2 Pull-up + weight	xmax xmax	A2 DL Bent Leg Hip Bridge (feet on bench)	x14 x14 x14	A2 Undergrip Pull-up (body weight)	x10 x10 x10	A1 Alt DB Shoulder Press pair 1:30 rest	74% x5 78% x5 82% x5
B1 SL DB Bench Squat pair 1:30 rest	74% x5each 78% x5 82% x5	Standing BB Military Press rest 1:30 min	80% x3 84% x3 88% x3	B1 DB Lunge pair 1:30 rest	74% x5each 78% x5 82% x5	A2 BB RDL	80% x3 84% x3 88% x3
B2 Double Arm DB Row	74% x5 78% x5 82% x5	DB Bench rest 1:30 min	74% x5 78% x5 82% x5	B2 BB Row	74% x5 78% x5 82% x5	Glute Ham Raise rest 1:30 min	x7 x7
Barbell Curl rest 1:30 min	x5 x5 x5			DB Curl rest 1:30 min	x5 x5 x5	Dips + weight rest 1:30 min	xmax xmax



Date		Description		Amount	
1900	Jan 1	Balance		100.00	
1900	Jan 15	Received from A. B.		50.00	
1900	Feb 1	Received from C. D.		25.00	
1900	Feb 15	Received from E. F.		75.00	
1900	Mar 1	Received from G. H.		100.00	
1900	Mar 15	Received from I. J.		150.00	
1900	Apr 1	Received from K. L.		200.00	
1900	Apr 15	Received from M. N.		250.00	
1900	May 1	Received from O. P.		300.00	
1900	May 15	Received from Q. R.		350.00	
1900	Jun 1	Received from S. T.		400.00	
1900	Jun 15	Received from U. V.		450.00	
1900	Jul 1	Received from W. X.		500.00	
1900	Jul 15	Received from Y. Z.		550.00	
1900	Aug 1	Received from A. B.		600.00	
1900	Aug 15	Received from C. D.		650.00	
1900	Sep 1	Received from E. F.		700.00	
1900	Sep 15	Received from G. H.		750.00	
1900	Oct 1	Received from I. J.		800.00	
1900	Oct 15	Received from K. L.		850.00	
1900	Nov 1	Received from M. N.		900.00	
1900	Nov 15	Received from O. P.		950.00	
1900	Dec 1	Received from Q. R.		1000.00	
1900	Dec 15	Received from S. T.		1050.00	
1900	Jan 1, 1901	Received from U. V.		1100.00	
1901	Jan 1	Received from W. X.		1150.00	
1901	Jan 15	Received from Y. Z.		1200.00	
1901	Feb 1	Received from A. B.		1250.00	
1901	Feb 15	Received from C. D.		1300.00	
1901	Mar 1	Received from E. F.		1350.00	
1901	Mar 15	Received from G. H.		1400.00	
1901	Apr 1	Received from I. J.		1450.00	
1901	Apr 15	Received from K. L.		1500.00	
1901	May 1	Received from M. N.		1550.00	
1901	May 15	Received from O. P.		1600.00	
1901	Jun 1	Received from Q. R.		1650.00	
1901	Jun 15	Received from S. T.		1700.00	
1901	Jul 1	Received from U. V.		1750.00	
1901	Jul 15	Received from W. X.		1800.00	
1901	Aug 1	Received from Y. Z.		1850.00	
1901	Aug 15	Received from A. B.		1900.00	
1901	Sep 1	Received from C. D.		1950.00	
1901	Sep 15	Received from E. F.		2000.00	
1901	Oct 1	Received from G. H.		2050.00	
1901	Oct 15	Received from I. J.		2100.00	
1901	Nov 1	Received from K. L.		2150.00	
1901	Nov 15	Received from M. N.		2200.00	
1901	Dec 1	Received from O. P.		2250.00	
1901	Dec 15	Received from Q. R.		2300.00	
1902	Jan 1	Received from S. T.		2350.00	
1902	Jan 15	Received from U. V.		2400.00	
1902	Feb 1	Received from W. X.		2450.00	
1902	Feb 15	Received from Y. Z.		2500.00	
1902	Mar 1	Received from A. B.		2550.00	
1902	Mar 15	Received from C. D.		2600.00	
1902	Apr 1	Received from E. F.		2650.00	
1902	Apr 15	Received from G. H.		2700.00	
1902	May 1	Received from I. J.		2750.00	
1902	May 15	Received from K. L.		2800.00	
1902	Jun 1	Received from M. N.		2850.00	
1902	Jun 15	Received from O. P.		2900.00	
1902	Jul 1	Received from Q. R.		2950.00	
1902	Jul 15	Received from S. T.		3000.00	
1902	Aug 1	Received from U. V.		3050.00	
1902	Aug 15	Received from W. X.		3100.00	
1902	Sep 1	Received from Y. Z.		3150.00	
1902	Sep 15	Received from A. B.		3200.00	
1902	Oct 1	Received from C. D.		3250.00	
1902	Oct 15	Received from E. F.		3300.00	
1902	Nov 1	Received from G. H.		3350.00	
1902	Nov 15	Received from I. J.		3400.00	
1902	Dec 1	Received from K. L.		3450.00	
1902	Dec 15	Received from M. N.		3500.00	
1903	Jan 1	Received from O. P.		3550.00	
1903	Jan 15	Received from Q. R.		3600.00	
1903	Feb 1	Received from S. T.		3650.00	
1903	Feb 15	Received from U. V.		3700.00	
1903	Mar 1	Received from W. X.		3750.00	
1903	Mar 15	Received from Y. Z.		3800.00	
1903	Apr 1	Received from A. B.		3850.00	
1903	Apr 15	Received from C. D.		3900.00	
1903	May 1	Received from E. F.		3950.00	
1903	May 15	Received from G. H.		4000.00	
1903	Jun 1	Received from I. J.		4050.00	
1903	Jun 15	Received from K. L.		4100.00	
1903	Jul 1	Received from M. N.		4150.00	
1903	Jul 15	Received from O. P.		4200.00	
1903	Aug 1	Received from Q. R.		4250.00	
1903	Aug 15	Received from S. T.		4300.00	
1903	Sep 1	Received from U. V.		4350.00	
1903	Sep 15	Received from W. X.		4400.00	
1903	Oct 1	Received from Y. Z.		4450.00	
1903	Oct 15	Received from A. B.		4500.00	
1903	Nov 1	Received from C. D.		4550.00	
1903	Nov 15	Received from E. F.		4600.00	
1903	Dec 1	Received from G. H.		4650.00	
1903	Dec 15	Received from I. J.		4700.00	
1904	Jan 1	Received from K. L.		4750.00	
1904	Jan 15	Received from M. N.		4800.00	
1904	Feb 1	Received from O. P.		4850.00	
1904	Feb 15	Received from Q. R.		4900.00	
1904	Mar 1	Received from S. T.		4950.00	
1904	Mar 15	Received from U. V.		5000.00	
1904	Apr 1	Received from W. X.		5050.00	
1904	Apr 15	Received from Y. Z.		5100.00	
1904	May 1	Received from A. B.		5150.00	
1904	May 15	Received from C. D.		5200.00	
1904	Jun 1	Received from E. F.		5250.00	
1904	Jun 15	Received from G. H.		5300.00	
1904	Jul 1	Received from I. J.		5350.00	
1904	Jul 15	Received from K. L.		5400.00	
1904	Aug 1	Received from M. N.		5450.00	
1904	Aug 15	Received from O. P.		5500.00	
1904	Sep 1	Received from Q. R.		5550.00	
1904	Sep 15	Received from S. T.		5600.00	
1904	Oct 1	Received from U. V.		5650.00	
1904	Oct 15	Received from W. X.		5700.00	
1904	Nov 1	Received from Y. Z.		5750.00	
1904	Nov 15	Received from A. B.		5800.00	
1904	Dec 1	Received from C. D.		5850.00	
1904	Dec 15	Received from E. F.		5900.00	
1905	Jan 1	Received from G. H.		5950.00	
1905	Jan 15	Received from I. J.		6000.00	
1905	Feb 1	Received from K. L.		6050.00	
1905	Feb 15	Received from M. N.		6100.00	
1905	Mar 1	Received from O. P.		6150.00	
1905	Mar 15	Received from Q. R.		6200.00	
1905	Apr 1	Received from S. T.		6250.00	
1905	Apr 15	Received from U. V.		6300.00	
1905	May 1	Received from W. X.		6350.00	
1905	May 15	Received from Y. Z.		6400.00	
1905	Jun 1	Received from A. B.		6450.00	
1905	Jun 15	Received from C. D.		6500.00	
1905	Jul 1	Received from E. F.		6550.00	
1905	Jul 15	Received from G. H.		6600.00	
1905	Aug 1	Received from I. J.		6650.00	
1905	Aug 15	Received from K. L.		6700.00	
1905	Sep 1	Received from M. N.		6750.00	
1905	Sep 15	Received from O. P.		6800.00	
1905	Oct 1	Received from Q. R.		6850.00	
1905	Oct 15	Received from S. T.		6900.00	
1905	Nov 1	Received from U. V.		6950.00	
1905	Nov 15	Received from W. X.		7000.00	
1905	Dec 1	Received from Y. Z.		7050.00	
1905	Dec 15	Received from A. B.		7100.00	
1906	Jan 1	Received from C. D.		7150.00	
1906	Jan 15	Received from E. F.		7200.00	
1906	Feb 1	Received from G. H.		7250.00	
1906	Feb 15	Received from I. J.		7300.00	
1906	Mar 1	Received from K. L.		7350.00	
1906	Mar 15	Received from M. N.		7400.00	
1906	Apr 1	Received from O. P.		7450.00	
1906	Apr 15	Received from Q. R.		7500.00	
1906	May 1	Received from S. T.		7550.00	
1906	May 15	Received from U. V.		7600.00	
1906	Jun 1	Received from W. X.		7650.00	
1906	Jun 15	Received from Y. Z.		7700.00	
1906	Jul 1	Received from A. B.		7750.00	
1906	Jul 15	Received from C. D.		7800.00	
1906	Aug 1	Received from E. F.		7850.00	
1906	Aug 15	Received from G. H.		7900.00	
1906	Sep 1	Received from I. J.		7950.00	
1906	Sep 15	Received from K. L.		8000.00	
1906	Oct 1	Received from M. N.		8050.00	
1906	Oct 15	Received from O. P.		8100.00	
1906	Nov 1	Received from Q. R.		8150.00	
1906	Nov 15	Received from S. T.		8200.00	
1906	Dec 1	Received from U. V.		8250.00	
1906	Dec 15	Received from W. X.		8300.00	
1907	Jan 1	Received from Y. Z.		8350.00	
1907	Jan 15	Received from A. B.		8400.00	
1907	Feb 1	Received from C. D.		8450.00	
1907	Feb 15	Received from E. F.		8500.00	
1907	Mar 1	Received from G. H.		8550.00	
1907	Mar 15	Received from I. J.		8600.00	
1907	Apr 1	Received from K. L.		8650.00	
1907	Apr 15	Received from M. N.		8700.00	
1907	May 1	Received from O. P.		8750.00	
1907	May 15	Received from Q. R.		8800.00	
1907	Jun 1	Received from S. T.		8850.00	
1907	Jun 15	Received from U. V.		8900.00	
1907	Jul 1	Received from W. X.		8950.00	
1907	Jul 15	Received from Y. Z.		9000.00	
1907	Aug 1	Received from A. B.		9050.00	
1907	Aug 15	Received from C. D.		9100.00	
1907	Sep 1	Received from E. F.		9150.00	
1907	Sep 15	Received from G. H.		9200.00	
1907	Oct 1	Received from I. J.		9250.00	
1907	Oct 15	Received from K. L.		9300.00	
1907	Nov 1	Received from M. N.		9350.00	
1907	Nov 15	Received from O. P.		9400.00	
1907	Dec 1	Received from Q. R.		9450.00	
1907	Dec 15	Received from S. T.		9500.00	
1908	Jan 1	Received from U. V.		9550.00	
1908	Jan 15	Received from W. X.		9600.00	
1908	Feb 1	Received from Y. Z.		9650.00	
1908	Feb 15	Received from A. B.		9700.00	
1908	Mar 1	Received from C. D.		9750.00	
1908	Mar 15	Received from E. F.		9800.00	
1908	Apr 1	Received from G. H.		9850.00	
1908	Apr 15	Received from I. J.		9900.00	
1908	May 1	Received from K. L.		9950.00	
1908	May 15	Received from M. N.		10000.00	
1908	Jun 1	Received from O. P.		10050.00	
1908	Jun 15	Received from Q. R.		10100.00	
1908	Jul 1	Received from S. T.		10150.00	
1908	Jul 15	Received from U. V.		10200.00	
1908	Aug 1	Received from W. X.		10250.00	
1908	Aug 15	Received from Y. Z.		10300.00	
1908	Sep 1	Received from A. B.		10350.00	
1908	Sep 15	Received from C. D.		10400.00	
1908	Oct 1	Received from E. F.		10450.00	
1908	Oct 15	Received from G. H.		10500.00	
1908	Nov 1	Received from I. J.		10550.00	
1908	Nov 15	Received from K. L.		10600.00	
1908	Dec 1	Received from M. N.		10650.00	
1908	Dec 15	Received from O. P.		10700.00	
1909	Jan 1	Received from Q. R.		10750.00	
1909	Jan 15	Received from S. T.		10800.00	
1909	Feb 1	Received from U. V.		10850.00	
1909	Feb 15	Received from W. X.		10900.00	
1909	Mar 1	Received from Y. Z.		10950.00	
1909	Mar 15	Received from A. B.		11000.00	
1909	Apr 1	Received from C. D.		11050.00	
1909	Apr 15	Received from E. F.		11100.00	
1909	May 1	Received from G. H.		11150.00	
1909	May 15	Received from I. J.		11200.00	
1909	Jun 1	Received from K. L.		11250.00	
1909	Jun 15	Received from M. N.		11300.00	
1909	Jul 1	Received			



# **IOWA FOOTBALL**

## **TWO DAY WORKOUT**

TOUGH. SMART. PHYSICAL



1. The first part of the report is a summary of the work done during the year.

2. The second part is a detailed account of the work done during the year.

3. The third part is a summary of the work done during the year.

4. The fourth part is a detailed account of the work done during the year.

5. The fifth part is a summary of the work done during the year.

6. The sixth part is a detailed account of the work done during the year.

7. The seventh part is a summary of the work done during the year.

8. The eighth part is a detailed account of the work done during the year.

9. The ninth part is a summary of the work done during the year.

10. The tenth part is a detailed account of the work done during the year.

11. The eleventh part is a summary of the work done during the year.

12. The twelfth part is a detailed account of the work done during the year.

13. The thirteenth part is a summary of the work done during the year.

14. The fourteenth part is a detailed account of the work done during the year.



## LIFTING WARM UP & TORSO EXERCISES - Phase I

### PHASE I

#### Day One

Roll/Mob

#### Mini Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea

#### Day Two

Hurdle Mob-Forward x2ea way

#### Big Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea

## LIFTING WARM UP & TORSO EXERCISES - Phase I

### PHASE I

#### Day One

Roll/Mob

#### Mini Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea

#### Day Two

Hurdle Mob-Forward x2ea way

#### Big Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase I

### Week 1

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch rest 3:00 min	60% x3each 70% x3 70% x3 70% x3	Hang Clean rest 3:00 min	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat pair 1:30 rest	60% x8 70% x8 70% x8 70% x8	A1 Bench Press pair 1:30 rest	60% x8 70% x8 70% x8 70% x8
A2 Lat Pulldown	x10 x10 x10 x10	A2 Pause Back Extension (pause 5 sec)	x5 x5 x5 x5
B1 DB Step Up pair 1:30 rest	60% x8each 60% x8 65% x8	B1 Standing DB Military Press pair 1:30 rest	60% x8 60% x8 65% x8
B2 DB Row	65% x10each 65% x10 65% x10	B2 SL Hip Thrust w/ tennis ball	x6each x6 x6
Barbell Curl rest 1:30 min	x12 x12 x12	Close Grip Bench Press rest 1:30 min	65% x12 65% x12 65% x12

## Iowa Football Developmental Lifting - Phase I

### Week 1

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch rest 3:00 min	60% x3each 70% x3 70% x3 70% x3	Hang Clean rest 3:00 min	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat pair 1:30 rest	60% x8 70% x8 70% x8 70% x8	A1 Bench Press pair 1:30 rest	60% x8 70% x8 70% x8 70% x8
A2 Lat Pulldown	x10 x10 x10 x10	A2 Pause Back Extension (pause 5 sec)	x5 x5 x5 x5
B1 DB Step Up pair 1:30 rest	60% x8each 60% x8 65% x8	B1 Standing DB Military Press pair 1:30 rest	60% x8 60% x8 65% x8
B2 DB Row	65% x10each 65% x10 65% x10	B2 SL Hip Thrust w/ tennis ball	x6each x6 x6
Barbell Curl rest 1:30 min	x12 x12 x12	Close Grip Bench Press rest 1:30 min	65% x12 65% x12 65% x12



1890

Name		Age		Sex		Occupation		Address	
John Smith		35		M		Farmer		123 Main St	
Mary Smith		32		F		Homemaker		123 Main St	
Robert Smith		10		M		Student		123 Main St	
Elizabeth Smith		8		F		Student		123 Main St	
James Smith		5		M		Student		123 Main St	
Sarah Smith		3		F		Student		123 Main St	
William Smith		2		M		Student		123 Main St	
Anna Smith		1		F		Student		123 Main St	

Name		Age		Sex		Occupation		Address	
John Smith		35		M		Farmer		123 Main St	
Mary Smith		32		F		Homemaker		123 Main St	
Robert Smith		10		M		Student		123 Main St	
Elizabeth Smith		8		F		Student		123 Main St	
James Smith		5		M		Student		123 Main St	
Sarah Smith		3		F		Student		123 Main St	
William Smith		2		M		Student		123 Main St	
Anna Smith		1		F		Student		123 Main St	



## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Day One	Day Two
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea

## LIFTING WARM UP & TORSO EXERCISES - Phase I

PHASE I	
Day One	Day Two
<b>Roll/Mob</b>  <b>Mini Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Big Band Activation</b> 1/2 dead bug x6ea flat foot sit up with stick against legs x10 side lying hip thrust x8ea Knee grab single leg hip thrust x8ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase I

### Week 2

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch rest 3:00 min	65% x3each 74% x3 74% x3 74% x3	Hang Clean rest 3:00 min	65% x3 74% x3 74% x3 74% x3
A1 DB Goblet Squat pair 1:30 rest	65% x8 74% x8 74% x8 74% x8	A1 Bench Press pair 1:30 rest	65% x8 74% x8 74% x8 74% x8
A2 Lat Pulldown	x8 x8 x8 x8	A2 Pause Back Extension (pause 5 sec)	x6 x6 x6 x6
B1 DB Step Up pair 1:30 rest	60% x8each 65% x8 70% x8	B1 Standing DB Military Press pair 1:30 rest	60% x8 65% x8 70% x8
B2 DB Row	70% x10each 70% x10 70% x10	B2 SL Hip Thrust w/ tennis ball	x7each x7 x7
Barbell Curl rest 1:30 min	x10 x10 x10	Close Grip Bench Press rest 1:30 min	70% x10 70% x10 70% x10

## Iowa Football Developmental Lifting - Phase I

### Week 2

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch rest 3:00 min	65% x3each 74% x3 74% x3 74% x3	Hang Clean rest 3:00 min	65% x3 74% x3 74% x3 74% x3
A1 DB Goblet Squat pair 1:30 rest	65% x8 74% x8 74% x8 74% x8	A1 Bench Press pair 1:30 rest	65% x8 74% x8 74% x8 74% x8
A2 Lat Pulldown	x8 x8 x8 x8	A2 Pause Back Extension (pause 5 sec)	x6 x6 x6 x6
B1 DB Step Up pair 1:30 rest	60% x8each 65% x8 70% x8	B1 Standing DB Military Press pair 1:30 rest	60% x8 65% x8 70% x8
B2 DB Row	70% x10each 70% x10 70% x10	B2 SL Hip Thrust w/ tennis ball	x7each x7 x7
Barbell Curl rest 1:30 min	x10 x10 x10	Close Grip Bench Press rest 1:30 min	70% x10 70% x10 70% x10



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## LIFTING WARM UP & TORSO EXERCISES - Phase I

### PHASE I

#### Day One

Roll/Mob

#### Mini Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea

#### Day Two

Hurdle Mob-Forward x2ea way

#### Big Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea

## LIFTING WARM UP & TORSO EXERCISES - Phase I

### PHASE I

#### Day One

Roll/Mob

#### Mini Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea

#### Day Two

Hurdle Mob-Forward x2ea way

#### Big Band Activation

1/2 dead bug x6ea

flat foot sit up with stick against legs x10

side lying hip thrust x8ea

Knee grab single leg hip thrust x8ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase I

### Week 3

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch rest 3:00 min	70% x3each 80% x3 80% x3 80% x3	Hang Clean rest 3:00 min	70% x3 80% x3 80% x3 80% x3
A1 DB Goblet Squat pair 1:30 rest	70% x6 80% x6 80% x6 80% x6	A1 Bench Press pair 1:30 rest	70% x6 80% x6 80% x6 80% x6
A2 Lat Pulldown	x6 x6 x6 x6	A2 Pause Back Extension (pause 5 sec)	x7 x7 x7 x7
B1 DB Step Up pair 1:30 rest	65% x6each 70% x6 74% x6	B1 Standing DB Military Press pair 1:30 rest	65% x6 70% x6 74% x6
B2 DB Row	74% x8each 74% x8 74% x8	B2 SL Hip Thrust w/ tennis ball	x8each x8 x8
Barbell Curl rest 1:30 min	x8 x8 x8	Close Grip Bench Press rest 1:30 min	74% x8 74% x8 74% x8

## Iowa Football Developmental Lifting - Phase I

### Week 3

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch rest 3:00 min	70% x3each 80% x3 80% x3 80% x3	Hang Clean rest 3:00 min	70% x3 80% x3 80% x3 80% x3
A1 DB Goblet Squat pair 1:30 rest	70% x6 80% x6 80% x6 80% x6	A1 Bench Press pair 1:30 rest	70% x6 80% x6 80% x6 80% x6
A2 Lat Pulldown	x6 x6 x6 x6	A2 Pause Back Extension (pause 5 sec)	x7 x7 x7 x7
B1 DB Step Up pair 1:30 rest	65% x6each 70% x6 74% x6	B1 Standing DB Military Press pair 1:30 rest	65% x6 70% x6 74% x6
B2 DB Row	74% x8each 74% x8 74% x8	B2 SL Hip Thrust w/ tennis ball	x8each x8 x8
Barbell Curl rest 1:30 min	x8 x8 x8	Close Grip Bench Press rest 1:30 min	74% x8 74% x8 74% x8







## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Day One

Roll/Mob

#### Big Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

#### Day Two

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Day One

Roll/Mob

#### Big Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

#### Day Two

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase II

### Week 4 - Unload Week

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch <i>rest 3:00 min</i>	60% x3each 70% x3 70% x3 70% x3	Hang Clean <i>rest 3:00 min</i>	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6	A1 Bench Press <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6
A2 Pull-up (body weight)	x5 x5 x5	A2 SL Back Extension	x5each x5 x5
B1 DB Split Squat <i>pair 1:30 rest</i>	65% x6each 70% x6	B1 Standing BB Military Press <i>pair 1:30 rest</i>	65% x6 70% x6
B2 Double Arm DB Row	65% x6each 70% x6	B2 STLG Hip Bridge (feet on bench)	x8 x8
Barbell Curl <i>rest 1:30 min</i>	x8 x8	Close Grip Bench Press <i>rest 1:30 min</i>	65% x8 70% x8

## Iowa Football Developmental Lifting - Phase II

### Week 4 - Unload Week

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
DB Snatch <i>rest 3:00 min</i>	60% x3each 70% x3 70% x3 70% x3	Hang Clean <i>rest 3:00 min</i>	60% x3 70% x3 70% x3 70% x3
A1 DB Goblet Squat <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6	A1 Bench Press <i>pair 1:30 rest</i>	60% x6 70% x6 70% x6 70% x6
A2 Pull-up (body weight)	x5 x5 x5	A2 SL Back Extension	x5each x5 x5
B1 DB Split Squat <i>pair 1:30 rest</i>	65% x6each 70% x6	B1 Standing BB Military Press <i>pair 1:30 rest</i>	65% x6 70% x6
B2 Double Arm DB Row	65% x6each 70% x6	B2 STLG Hip Bridge (feet on bench)	x8 x8
Barbell Curl <i>rest 1:30 min</i>	x8 x8	Close Grip Bench Press <i>rest 1:30 min</i>	65% x8 70% x8



1. Name  
 2. Address  
 3. City  
 4. State  
 5. Zip

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Mr. W. H. Jones	456 Oak St.	Chicago	Ill.	60601
Mr. R. L. Brown	789 Elm St.	Peoria	Ill.	61601
Mr. T. M. Green	101 Pine St.	Rockford	Ill.	61101
Mr. S. K. White	202 Cedar St.	Decatur	Ill.	62521
Mr. P. Q. Black	303 Birch St.	Normal	Ill.	62551
Mr. D. E. Gray	404 Spruce St.	Urbana	Ill.	62501
Mr. F. G. Hall	505 Willow St.	Macomb	Ill.	61451
Mr. H. I. King	606 Ash St.	Normal	Ill.	62551
Mr. J. L. Scott	707 Hickory St.	Urbana	Ill.	62501
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Mr. E. F. Allen	3030 Spruce St.	Macomb	Ill.	61451
Mr. G. H. Baker	3131 Willow St.	Urbana	Ill.	62501
Mr. I. J. Carter	3232 Ash St.	Macomb	Ill.	61451
Mr. K. L. Evans	3333 Hickory St.	Urbana	Ill.	62501
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Mr. G. H. Hart	9696 Willow St.	Macomb	Ill.	61451
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Mr. A. B. Allen	8080 Cedar St.	Macomb	Ill.	61451
Mr. C. D. Baker	8181 Birch St.	Urbana	Ill.	62501
Mr. E. F. Carter	8282 Spruce St.	Macomb	Ill.	61451
Mr. G. H. Evans	8383 Willow St.	Urbana	Ill.	62501
Mr. I. J. Fisher	8484 Ash St.	Macomb	Ill.	61451
Mr. K. L. Gibson	8585 Hickory St.	Urbana	Ill.	62501
Mr. M. N. Hart	8686 Maple St.	Macomb	Ill.	61451
Mr. O. P. Miller	8787 Poplar St.	Urbana	Ill.	62501
Mr. Q. R. Wilson	8888 Walnut St.	Macomb	Ill.	61451
Mr. S. T. Young	8989 Chestnut St.	Urbana	Ill.	62501
Mr. U. V. Allen	9090 Elm St.	Macomb	Ill.	61451
Mr. W. X. Baker	9191 Oak St.	Urbana	Ill.	62501
Mr. Y. Z. Carter	9292 Pine St.	Macomb	Ill.	61451
Mr. A. B. Evans	9393 Cedar St.	Urbana	Ill.	62501
Mr. C. D. Fisher	9494 Birch St.	Macomb	Ill.	61451
Mr. E. F. Gibson	9595 Spruce St.	Urbana	Ill.	62501
Mr. G. H. Hart	9696 Willow St.	Macomb	Ill.	61451
Mr. I. J. Miller	9797 Ash St.	Urbana	Ill.	62501
Mr. K. L. Wilson	9898 Hickory St.	Macomb	Ill.	61451
Mr. M. N. Young	9999 Maple St.	Urbana	Ill.	62501
Mr. O. P. Allen	10000 Poplar St.	Macomb	Ill.	61451



## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Day One

Roll/Mob

#### Big Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

#### Day Two

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Day One

Roll/Mob

#### Big Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

#### Day Two

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase II

### Week 5

Day One		Day Two	
<i>Warm up</i>	%   reps	<i>Warm up</i>	%   reps
DB Snatch	70% x3each	Hang Clean	70% x3
<i>rest 3:00 min</i>	82% x3	<i>rest 3:00 min</i>	82% x3
	82% x3		82% x3
	82% x3		82% x3
A1 DB Goblet Squat	70% x5	A1 Bench Press	70% x5
<i>pair 1:30 rest</i>	82% x5	<i>pair 1:30 rest</i>	82% x5
	82% x5		82% x5
	82% x5		82% x5
A2 Pull-up	x6	A2 SL Back Extension	x6ea
(body weight)	x6		x6
	x6		x6
	x6		x6
B1 DB Split Squat	70% x6each	B1 Standing BB Military Press	70% x6
<i>pair 1:30 rest</i>	74% x6	<i>pair 1:30 rest</i>	74% x6
	78% x6		78% x6
B2 Double Arm DB Row	70% x6	B2 STLG Hip Bridge	x8
	74% x6	(feet on bench)	x8
	78% x6		x8
Barbell Curl	x6	Close Grip Bench Press	78% x6
<i>rest 1:30 min</i>	x6	<i>rest 1:30 min</i>	78% x6
	x6		78% x6

## Iowa Football Developmental Lifting - Phase II

### Week 5

Day One		Day Two	
<i>Warm up</i>	%   reps	<i>Warm up</i>	%   reps
DB Snatch	70% x3each	Hang Clean	70% x3
<i>rest 3:00 min</i>	82% x3	<i>rest 3:00 min</i>	82% x3
	82% x3		82% x3
	82% x3		82% x3
A1 DB Goblet Squat	70% x5	A1 Bench Press	70% x5
<i>pair 1:30 rest</i>	82% x5	<i>pair 1:30 rest</i>	82% x5
	82% x5		82% x5
	82% x5		82% x5
A2 Pull-up	x6	A2 SL Back Extension	x6ea
(body weight)	x6		x6
	x6		x6
	x6		x6
B1 DB Split Squat	70% x6each	B1 Standing BB Military Press	70% x6
<i>pair 1:30 rest</i>	74% x6	<i>pair 1:30 rest</i>	74% x6
	78% x6		78% x6
B2 Double Arm DB Row	70% x6	B2 STLG Hip Bridge	x8
	74% x6	(feet on bench)	x8
	78% x6		x8
Barbell Curl	x6	Close Grip Bench Press	78% x6
<i>rest 1:30 min</i>	x6	<i>rest 1:30 min</i>	78% x6
	x6		78% x6







## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Day One

Roll/Mob

#### Big Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

#### Day Two

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

## LIFTING WARM UP & TORSO EXERCISES - Phase II

### PHASE II

#### Day One

Roll/Mob

#### Big Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.

#### Day Two

Hurdle Mob-Lateral x2ea way

#### Mini Band Activation

dead bug x5

Straight leg sit up with stick x12

3-way elbow hold x10sec ea

SL shoulder bridge-hold x10sec ea.



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase II

### Week 6

Day One		Day Two	
<i>Warm up</i>	%   reps	<i>Warm up</i>	%   reps
DB Snatch	70% x3each	Hang Clean	70% x3
<i>rest 3:00 min</i>	84% x3	<i>rest 3:00 min</i>	84% x3
	84% x3		84% x3
	84% x3		84% x3
A1 DB Goblet Squat	70% x5	A1 Bench Press	70% x5
<i>pair 1:30 rest</i>	84% x5	<i>pair 1:30 rest</i>	84% x5
	84% x5		84% x5
	84% x5		84% x5
A2 Pull-up	x7	A2 SL Back Extension	x7ea
(body weight)	x7		x7
	x7		x7
	x7		x7
B1 DB Split Squat	74% x5each	B1 Standing BB Military Press	74% x5
<i>pair 1:30 rest</i>	76% x5	<i>pair 1:30 rest</i>	76% x5
	80% x5		80% x5
B2 Double Arm DB Row	74% x5	B2 STLG Hip Bridge	x10
	76% x5	(feet on bench)	x10
	80% x5		x10
Barbell Curl	x5	Close Grip Bench Press	80% x5
<i>rest 1:30 min</i>	x5	<i>rest 1:30 min</i>	80% x5
	x5		80% x5

## Iowa Football Developmental Lifting - Phase II

### Week 6

Day One		Day Two	
<i>Warm up</i>	%   reps	<i>Warm up</i>	%   reps
DB Snatch	70% x3each	Hang Clean	70% x3
<i>rest 3:00 min</i>	84% x3	<i>rest 3:00 min</i>	84% x3
	84% x3		84% x3
	84% x3		84% x3
A1 DB Goblet Squat	70% x5	A1 Bench Press	70% x5
<i>pair 1:30 rest</i>	84% x5	<i>pair 1:30 rest</i>	84% x5
	84% x5		84% x5
	84% x5		84% x5
A2 Pull-up	x7	A2 SL Back Extension	x7ea
(body weight)	x7		x7
	x7		x7
	x7		x7
B1 DB Split Squat	74% x5each	B1 Standing BB Military Press	74% x5
<i>pair 1:30 rest</i>	76% x5	<i>pair 1:30 rest</i>	76% x5
	80% x5		80% x5
B2 Double Arm DB Row	74% x5	B2 STLG Hip Bridge	x10
	76% x5	(feet on bench)	x10
	80% x5		x10
Barbell Curl	x5	Close Grip Bench Press	80% x5
<i>rest 1:30 min</i>	x5	<i>rest 1:30 min</i>	80% x5
	x5		80% x5







## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Day One	Day Two
Roll/Mob	Hurdle Mob-Forward x2ea way
<b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea

## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Day One	Day Two
Roll/Mob	Hurdle Mob-Forward x2ea way
<b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase III

### Week 7

Day One			Day Two		
<i>Warm up</i>	%	reps	<i>Warm up</i>	%	reps
BB Hang Snatch <i>rest 3:00 min</i>	65%	x3	Hang Clean <i>rest 3:00 min</i>	70%	x3
	74%	x3		86%	x3
	74%	x3		86%	x3
	74%	x3		86%	x3
A1 Front Squat <i>pair 1:30 rest</i>	65%	x5	A1 Bench Press <i>pair 1:30 rest</i>	70%	x4
	74%	x5		86%	x4
	74%	x5		86%	x4
	74%	x5		86%	x4
A2 Pull-up + weight	x5		A2 BB RDL	65%	x5
	x5			70%	x5
	x5			72%	x5
	x5			74%	x5
B1 DB Lunge <i>pair 1:30 rest</i>	65%	x5each	B1 Incline Bench Press <i>pair 1:30 rest</i>	65%	x5
	70%	x5		70%	x5
	74%	x5		74%	x5
B2 BB Row	65%	x5	B2 Glute Ham Raise	x5	
	70%	x5		x5	
	74%	x5		x5	
Barbell Curl <i>rest 1:30 min</i>	x5		Dips <i>rest 1:30 min</i>	xmax	
	x5				
	x5				

## Iowa Football Developmental Lifting - Phase III

### Week 7

Day One			Day Two		
<i>Warm up</i>	%	reps	<i>Warm up</i>	%	reps
BB Hang Snatch <i>rest 3:00 min</i>	65%	x3	Hang Clean <i>rest 3:00 min</i>	70%	x3
	74%	x3		86%	x3
	74%	x3		86%	x3
	74%	x3		86%	x3
A1 Front Squat <i>pair 1:30 rest</i>	65%	x5	A1 Bench Press <i>pair 1:30 rest</i>	70%	x4
	74%	x5		86%	x4
	74%	x5		86%	x4
	74%	x5		86%	x4
A2 Pull-up + weight	x5		A2 BB RDL	65%	x5
	x5			70%	x5
	x5			72%	x5
	x5			74%	x5
B1 DB Lunge <i>pair 1:30 rest</i>	65%	x5each	B1 Incline Bench Press <i>pair 1:30 rest</i>	65%	x5
	70%	x5		70%	x5
	74%	x5		74%	x5
B2 BB Row	65%	x5	B2 Glute Ham Raise	x5	
	70%	x5		x5	
	74%	x5		x5	
Barbell Curl <i>rest 1:30 min</i>	x5		Dips <i>rest 1:30 min</i>	xmax	
	x5				
	x5				



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## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Day One	Day Two
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea

## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Day One	Day Two
<b>Roll/Mob</b>  <b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Hurdle Mob-Forward x2ea way</b>  <b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase III

### Week 8 - Unload Week

Day One		Day Two	
<i>Warm up</i>	%   reps	<i>Warm up</i>	%   reps
BB Hang Snatch <i>rest 3:00 min</i>	70% x3	Hang Clean <i>rest 3:00 min</i>	70% x3
	78% x3		82% x3
	78% x3		82% x3
	78% x3		82% x3
A1 Front Squat <i>pair 1:30 rest</i>	70% x5	A1 Bench Press <i>pair 1:30 rest</i>	70% x4
	78% x5		82% x4
	78% x5		82% x4
	78% x5		82% x4
A2 Pull-up + weight	x6	A2 BB RDL	70% x5
	x6		74% x5
	x6		78% x5
B1 DB Lunge <i>pair 1:30 rest</i>	74% x5each	B1 Incline Bench Press <i>pair 1:30 rest</i>	74% x5
	78% x5		78% x5
B2 BB Row	74% x5	B2 Glute Ham Raise	x6
	78% x5		x6
Barbell Curl <i>rest 1:30 min</i>	x5	Dips <i>rest 1:30 min</i>	xmax
	x5		xmax

## Iowa Football Developmental Lifting - Phase III

### Week 8 - Unload Week

Day One		Day Two	
<i>Warm up</i>	%   reps	<i>Warm up</i>	%   reps
BB Hang Snatch <i>rest 3:00 min</i>	70% x3	Hang Clean <i>rest 3:00 min</i>	70% x3
	78% x3		82% x3
	78% x3		82% x3
	78% x3		82% x3
A1 Front Squat <i>pair 1:30 rest</i>	70% x5	A1 Bench Press <i>pair 1:30 rest</i>	70% x4
	78% x5		82% x4
	78% x5		82% x4
	78% x5		82% x4
A2 Pull-up + weight	x6	A2 BB RDL	70% x5
	x6		74% x5
	x6		78% x5
B1 DB Lunge <i>pair 1:30 rest</i>	74% x5each	B1 Incline Bench Press <i>pair 1:30 rest</i>	74% x5
	78% x5		78% x5
B2 BB Row	74% x5	B2 Glute Ham Raise	x6
	78% x5		x6
Barbell Curl <i>rest 1:30 min</i>	x5	Dips <i>rest 1:30 min</i>	xmax
	x5		xmax







## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Day One	Day Two
Roll/Mob	Hurdle Mob-Forward x2ea way
<b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea

## LIFTING WARM UP & TORSO EXERCISES - Phase III

PHASE III	
Day One	Day Two
Roll/Mob	Hurdle Mob-Forward x2ea way
<b>Big Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea	<b>Mini Band Activation</b> FBP stance w/ partner pert x15sec overhead flat foot sit up with stick x10 single leg shoulder bridge march x6ea side scissor x6ea



Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		

Roll program	Mini Band	Big Band
Ball foot	Lateral STLG shuffle	X - Walk lateral
Glutes * x over	x5 yds ea	x5 yds ea
Hamstring	SL Abduction	OHV Squat w/ abduction
Downward Dog x5	x5 ea	x5
Groin	Superdog Glute	Knee Shuffle
Fallouts x5ea	x5 ea	x5 yds ea
Psoas	Push up Hurdle Step	Standing Scap activate
Quads	x 5 ea	x10
Patella	Handcuff Ext Rotation	
Shins	x5	
IT Band		
Rev Lunge Psoas x5ea		
Horizontal Back		
Lats		
Pec		
Heel Sit Rotate x5ea		



## Iowa Football Developmental Lifting - Phase III

### Week 9

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
BB Hang Snatch rest 3:00 min	70% x3	Hang Clean rest 3:00 min	78% x2
	82% x3		88% x2
	82% x3		88% x2
	82% x3		88% x2
A1 Front Squat pair 1:30 rest	70% x5	A1 Bench Press pair 1:30 rest	78% x3
	82% x5		88% x3
	82% x5		88% x3
	82% x5		88% x3
A2 Pull-up + weight	xmax	A2 BB RDL	70% x5
	xmax		74% x5
B1 DB Lunge pair 1:30 rest	74% x5each		78% x5
	78% x5		82% x5
	82% x5		82% x5
B2 BB Row	74% x5	B2 Glute Ham Raise	x7
	78% x5		x7
	82% x5		x7
Barbell Curl rest 1:30 min	x5	Dips + weight rest 1:30 min	xmax
	x5		
	x5		

## Iowa Football Developmental Lifting - Phase III

### Week 9

Day One		Day Two	
Warm up	%   reps	Warm up	%   reps
BB Hang Snatch rest 3:00 min	70% x3	Hang Clean rest 3:00 min	78% x2
	82% x3		88% x2
	82% x3		88% x2
	82% x3		88% x2
A1 Front Squat pair 1:30 rest	70% x5	A1 Bench Press pair 1:30 rest	78% x3
	82% x5		88% x3
	82% x5		88% x3
	82% x5		88% x3
A2 Pull-up + weight	xmax	A2 BB RDL	70% x5
	xmax		74% x5
B1 DB Lunge pair 1:30 rest	74% x5each		78% x5
	78% x5		82% x5
	82% x5		82% x5
B2 BB Row	74% x5	B2 Glute Ham Raise	x7
	78% x5		x7
	82% x5		x7
Barbell Curl rest 1:30 min	x5	Dips + weight rest 1:30 min	xmax
	x5		
	x5		



TABLE I			
Summary of the results of the experiments			
Experiment	Time (min)	Distance (m)	Speed (m/min)
1	10	100	10
2	15	150	10
3	20	200	10
4	25	250	10
5	30	300	10
6	35	350	10
7	40	400	10
8	45	450	10
9	50	500	10
10	55	550	10
11	60	600	10
12	65	650	10
13	70	700	10
14	75	750	10
15	80	800	10
16	85	850	10
17	90	900	10
18	95	950	10
19	100	1000	10
20	105	1050	10
21	110	1100	10
22	115	1150	10
23	120	1200	10
24	125	1250	10
25	130	1300	10
26	135	1350	10
27	140	1400	10
28	145	1450	10
29	150	1500	10
30	155	1550	10
31	160	1600	10
32	165	1650	10
33	170	1700	10
34	175	1750	10
35	180	1800	10
36	185	1850	10
37	190	1900	10
38	195	1950	10
39	200	2000	10
40	205	2050	10
41	210	2100	10
42	215	2150	10
43	220	2200	10
44	225	2250	10
45	230	2300	10
46	235	2350	10
47	240	2400	10
48	245	2450	10
49	250	2500	10
50	255	2550	10
51	260	2600	10
52	265	2650	10
53	270	2700	10
54	275	2750	10
55	280	2800	10
56	285	2850	10
57	290	2900	10
58	295	2950	10
59	300	3000	10
60	305	3050	10
61	310	3100	10
62	315	3150	10
63	320	3200	10
64	325	3250	10
65	330	3300	10
66	335	3350	10
67	340	3400	10
68	345	3450	10
69	350	3500	10
70	355	3550	10
71	360	3600	10
72	365	3650	10
73	370	3700	10
74	375	3750	10
75	380	3800	10
76	385	3850	10
77	390	3900	10
78	395	3950	10
79	400	4000	10
80	405	4050	10
81	410	4100	10
82	415	4150	10
83	420	4200	10
84	425	4250	10
85	430	4300	10
86	435	4350	10
87	440	4400	10
88	445	4450	10
89	450	4500	10
90	455	4550	10
91	460	4600	10
92	465	4650	10
93	470	4700	10
94	475	4750	10
95	480	4800	10
96	485	4850	10
97	490	4900	10
98	495	4950	10
99	500	5000	10
100	505	5050	10
101	510	5100	10
102	515	5150	10
103	520	5200	10
104	525	5250	10
105	530	5300	10
106	535	5350	10
107	540	5400	10
108	545	5450	10
109	550	5500	10
110	555	5550	10
111	560	5600	10
112	565	5650	10
113	570	5700	10
114	575	5750	10
115	580	5800	10
116	585	5850	10
117	590	5900	10
118	595	5950	10
119	600	6000	10
120	605	6050	10
121	610	6100	10
122	615	6150	10
123	620	6200	10
124	625	6250	10
125	630	6300	10
126	635	6350	10
127	640	6400	10
128	645	6450	10
129	650	6500	10
130	655	6550	10
131	660	6600	10
132	665	6650	10
133	670	6700	10
134	675	6750	10
135	680	6800	10
136	685	6850	10
137	690	6900	10
138	695	6950	10
139	700	7000	10
140	705	7050	10
141	710	7100	10
142	715	7150	10
143	720	7200	10
144	725	7250	10
145	730	7300	10
146	735	7350	10
147	740	7400	10
148	745	7450	10
149	750	7500	10
150	755	7550	10
151	760	7600	10
152	765	7650	10
153	770	7700	10
154	775	7750	10
155	780	7800	10
156	785	7850	10
157	790	7900	10
158	795	7950	10
159	800	8000	10
160	805	8050	10
161	810	8100	10
162	815	8150	10
163	820	8200	10
164	825	8250	10
165	830	8300	10
166	835	8350	10
167	840	8400	10
168	845	8450	10
169	850	8500	10
170	855	8550	10
171	860	8600	10
172	865	8650	10
173	870	8700	10
174	875	8750	10
175	880	8800	10
176	885	8850	10
177	890	8900	10
178	895	8950	10
179	900	9000	10
180	905	9050	10
181	910	9100	10
182	915	9150	10
183	920	9200	10
184	925	9250	10
185	930	9300	10
186	935	9350	10
187	940	9400	10
188	945	9450	10
189	950	9500	10
190	955	9550	10
191	960	9600	10
192	965	9650	10
193	970	9700	10
194	975	9750	10
195	980	9800	10
196	985	9850	10
197	990	9900	10
198	995	9950	10
199	1000	10000	10
200	1005	10050	10
201	1010	10100	10
202	1015	10150	10
203	1020	10200	10
204	1025	10250	10
205	1030	10300	10
206	1035	10350	10
207	1040	10400	10
208	1045	10450	10
209	1050	10500	10
210	1055	10550	10
211	1060	10600	10
212	1065	10650	10
213	1070	10700	10
214	1075	10750	10
215	1080	10800	10
216	1085	10850	10
217	1090	10900	10
218	1095	10950	10
219	1100	11000	10
220	1105	11050	10
221	1110	11100	10
222	1115	11150	10
223	1120	11200	10
224	1125	11250	10
225	1130	11300	10
226	1135	11350	10
227	1140	11400	10
228	1145	11450	10
229	1150	11500	10
230	1155	11550	10
231	1160	11600	10
232	1165	11650	10
233	1170	11700	10
234	1175	11750	10
235	1180	11800	10
236	1185	11850	10
237	1190	11900	10
238	1195	11950	10
239	1200	12000	10
240	1205	12050	10
241	1210	12100	10
242	1215	12150	10
243	1220	12200	10
244	1225	12250	10
245	1230	12300	10
246	1235	12350	10
247	1240	12400	10
248	1245	12450	10
249	1250	12500	10
250	1255	12550	10
251	1260	12600	10
252	1265	12650	10
253	1270	12700	10
254	1275	12750	10
255	1280	12800	10
256	1285	12850	10
257	1290	12900	10
258	1295	12950	10
259	1300	13000	10
260	1305	13050	10
261	1310	13100	10
262	1315	13150	10
263	1320	13200	10
264	1325	13250	10
265	1330	13300	10
266	1335	13350	10
267	1340	13400	10
268	1345	13450	10
269	1350	13500	10
270	1355	13550	10
271	1360	13600	10
272	1365	13650	10
273	1370	13700	10
274	1375	13750	10
275	1380	13800	10
276	1385	13850	10
277	1390	13900	10
278	1395	13950	10
279	1400	14000	10
280	1405	14050	10
281	1410	14100	10
282	1415	14150	10
283	1420	14200	10
284	1425	14250	10
285	1430	14300	10
286	1435	14350	10
287	1440	14400	10
288	1445	14450	10
289	1450	14500	10
290	1455	14550	10
291	1460	14600	10
292	1465	14650	10
293	1470	14700	10
294	1475	14750	10
295	1480	14800	10
296	1485	14850	10
297	1490	14900	10
298	1495	14950	10
299	1500	15000	10
300	1505	15050	10
301	1510	15100	10
302	1515	15150	10
303	1520	15200	10
304	1525	15250	10
305	1530	15300	10
306	1535	15350	10
307	1540	15400	10
308	1545	15450	10
309	1550	15500	10
310	1555	15550	10
311	1560	15600	10
312	1565	15650	10
313	1570	15700	10
314	1575	15750	10
315	1580	15800	10
316	1585	15850	10
317	1590	15900	10
318	1595	15950	10
319	1600	16000	10







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